

# SOUTHEAST VOICE

Serving the community leagues of  
Avonmore, Capilano, Cloverdale, Forest Terrace Heights,  
Fulton Place, Gold Bar, Holyrood, Idylwylde, Kenilworth,  
Ottewell & Strathearn.

March 2019



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## Round up of TransEd Meeting – 9th Feb



A surprise February proposal by TransEd, the consortium building and operating the SouthEast Valley Line LRT, to close 95 Ave. between 85 Street and 91 Street in Strathearn for an 8 month period received heavy criticism from local businesses, residents, and transit riders. TransEd communications group Focus Communications hosted a hastily organized information session on Feb. 9th and conducted an online survey regarding the proposal ending Feb. 18th. According to TransEd they received over 500 survey responses and will release the results in March. As specified in the Public Private Partnership (P3) agreement with the City of Edmonton, TransEd has the full authority to close the road regardless of community sentiment.

TransEd contends the closure would allow them to complete heavy construction in one season rather than the two years of construction presently anticipated. One way north or

south vehicular access would be allowed at 87 St.

Residents north of 95 Ave. voiced concerns about access to and from the neighbourhood with particular concern for the already compromised intersection of 85st and Strathearn Dr. Local businesses were in vocal agreement that a full closure would see the end of their livelihood. Business owners have already seen a drop in customer traffic as a result of the ongoing heavy construction. Answers to questions around transit re-routing were muddled with different responses from TransEd and the City of Edmonton. However access to the 112 would be considerably reduced.

At time of submission TransEd had, in response to the public outcry, sent a public notice outlining the current 2 year plan, should the full temporary closure go ahead.

Strathearn and its surrounding communities wait for a decision with bated breath...

## City Of Edmonton Winter Programs

### Learn to Skate Drop-in Programs

Children and families of all ages can try out various basic skating skills at their own pace through on-ice games and activities. Trained leaders will be on hand to adapt the program to the age and skill level of the participants.

For general information about the program and its location across the city, visit: [edmonton.ca/activities\\_parks\\_recreation/drop-in-learn-to-skate-program.aspx](http://edmonton.ca/activities_parks_recreation/drop-in-learn-to-skate-program.aspx)

### Winter Green Shack Programs

Free program for ages: 6-12 years. Note: children under 6 must be supervised by a parent or guardian.

Join in games, sports, crafts, music, drama



and special events. You'll find a list of upcoming activities and special events posted on the side of the Green Shack each week. If there's a game or activity that you'd like to play, just ask the Program Leader.

For Information about locations across the city, visit: [edmonton.ca/greenshacks](http://edmonton.ca/greenshacks)

## New Connections for Southeast Seniors



The Capilano library is excited to welcome seniors of all ages to our new weekly Seniors' Drop-In. Every Friday afternoon between 1:30-3:00pm, drop by the new library (9915 67 Street) for free coffee and cookies and an opportunity to meet other seniors. Join in some activities like playing cards, watching a film, listening to a guest speaker, or learning about resources in the Library or in your community.

You might even look out the windows of our beautiful, bright new program room to spot a long-eared owl or pileated woodpecker hanging out in the trees. Contact [shannon.clarke@epl.ca](mailto:shannon.clarke@epl.ca) if you have ques-

tions or ideas.

Or, if mornings work better, the Idylwylde (Bonnie Doon) library continues to offer Seniors' Drop-In on Tuesdays from 10:30am-12:00pm, and Films at the Library (with coffee, cookies, and discussion) on the third Wednesday of each month starting at 10:30 a.m.

For more information please contact the Capilano branch at (780) 496-1802 or the Idylwylde branch at (780) 496-1808. View our full calendar of events online at [epl.ca](http://epl.ca) or come in to pick up a paper copy of our program calendar with complete activity listings.



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## SEV SECLA Board Contact List

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## Early Childhood Education Has Lasting Benefits

This election, let's talk early learning and care, for the benefit of all Alberta children and families.

Studies show that children's experiences from birth to five affect their education, health, and success in life.

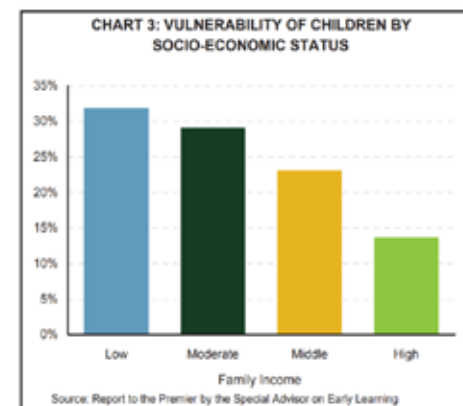
And it's an economic issue for us all.

To quote the Special Report - TD Economics, November 27, 2012, see... <https://go.td.com/2TliUoZ>

"There is a great deal of literature showing compelling evidence of the benefits of early learning. Not only do high-quality early childhood education programs benefit children, they also have positive impacts on parents and the economy as a whole."

Parents, family, community, childcare workers, and yes, politicians all play a role in how well our children develop in their first five years.

Ask candidates how they will support accessible, affordable, high quality early learning and care, especially now when parents



need employment to pay bills.

The South East Edmonton Early Childhood Community Coalition is a volunteer group of community members who are passionate about and committed to nurturing young children.

[www.earlychildhoodedmonton.ca/southeast](http://www.earlychildhoodedmonton.ca/southeast)

[www.facebook.com/SEEECCC/](https://www.facebook.com/SEEECCC/)

## Snow Removal

Want to know when your neighbourhood is scheduled for snow removal on your streets?

You can even sign up for email notices for parking bans, snow removal, and spring street cleaning.



Centre for  
**Family Literacy**

Literacy Develops in Families First

## FREE Children's Program...

The C.O.W. Bus is back at Ottewell Community Hall!

Come see the bus that's painted like a cow and bring your children 0-6 years old.

Every Wednesday from 1:00 pm until 2:30 pm

January 9- March 20, April 3- June 12

- Listen to stories and songs
- Explore activities on the bus
- Borrow up to 6 books (no fines or fees!)
- Weekly book giveaways!



For more information contact

Centre for Family Literacy

780-421-7323 or [www.famlit.ca](http://www.famlit.ca)

## Rebound Renovations

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# Live Every Moment

Don't let the weather stop you from finding the magic in every day! Laurel Crossing, located in Southeast Edmonton, has an abundance of open space, perfect for building snowmen, sledding or having a snow ball fight. With shopping, schools and the Anthony Henday close at hand, you will find your wonderland in Laurel Crossing.

[LAUREL-CROSSING.COM](http://LAUREL-CROSSING.COM)

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communities





## Abundant Communities Edmonton Support Team

ACE Support Team member:

Are you passionate about building community in our neighbourhood? Avonmore Community League is in the process of bringing the Abundant Community Edmonton (ACE) initiative to our neighbourhood and is looking for 4 volunteers to join the ACE Support Team.

ACE is an initiative that supports communities in forming strong, caring and supportive blocks and neighbourhoods where we look out for one another; share our tal-

ents, skills and resources with one another; have fun together; and collectively create the neighbourhoods we desire.

The role of the Support Team is to plan the initial steps of implementing ACE in Avonmore, and support the recruitment of a Neighbourhood Connector. We are hoping to schedule our first Support Team meeting in early November.

If you are intrigued and want to know more, please contact Wendy at programs@avonmore.org.

## Annual General Meeting – April 25

The Annual General Meeting (AGM) for the Avonmore Community League (ACL) is set for 7:00 p.m. on April 25th at the Hall. All members of ACL and the community are encouraged to attend. Memberships will be available at the door. This is your chance to hear what the League has accomplished in the past year and to have input into plans and priorities for the coming year. A detailed agenda and reports will be provided by e-mail, on the website and on Facebook. Come support the services your community

provides: your hall, ice rink, soccer program, yoga, playschool, summer kid camps and adult events, free swim times, concerts, family parties and other events year-round. Your board needs you for several vital roles. Positions up for election are vice president, treasurer, membership director, social/program director, sports director and facilities manager and directors at large. Sharing these keeps Avonmore's programs and facilities going. Save the date! Questions or concerns contact president@avonmore.org.

## Rink Shack

The rink is going great, the ice is super! The rink shack is currently open Weekdays 4-8pm and Weekends 12-8pm thanks to our awesome army of volunteers!

We always can use more volunteers to keep the rink shack open in the evenings and on weekends. If you have 2-3 hours to spare once a week, once every two weeks or once a month please let me know. We

need people at the rink shack to open it up so skaters can put on their skates and come in to warm up. It also ensures the safety and security of skaters and the property. You can come and skate while you volunteer. We also need a few more volunteers to help with maintenance.

Contact president@avonmore.org if interested.

## City of Edmonton Summer Camp

A City of Edmonton Community Day-camp entitled "Out of this World" will be run out of Avonmore Hall between 9 am and 11:30 am on the week of August 12 through 16, 2019. 4 - 6 year olds will make spaceship crafts, and explore the cosmos

with songs, games, and activities. Come learn about stars, planets, the Milky Way, and more in a week that will be truly out of this world! Registration will be available through the City of Edmonton in the coming months.

## Playschool Open House

Open House is Thursday, March 7 from 6-7:30. Come see our space, meet our teachers and learn about what makes our playschool great!

Classes run Monday-Friday; you can sign up for 2 days a week up to 5 days a week.

Playschool hours 9:00 a.m. - 11:30 a.m.

Small class sizes, with lots of one on one

instruction, hands-on learning and music sessions, brought to us by our two great music teachers. Enriching great little minds more and more each day.

For more information or to register contact Jamie Konrad by phone (leave a message) at 780-465- 1941, or email playschool@avonmore.org

## Avonmore Parent & Tot Program

This FREE drop-in program runs every Thursday from 9:30-11:30 at the community hall. Please check the facebook group or email for closures over the holiday season. We do a mix of free play activities and arts and crafts. Our group has a mix of small



babies and toddlers, so there is someone for everyone to play with. Coffee and tea provided. For more info, check out our Facebook group by searching "Avonmore parent and tot group" or email parentandtot@avonmore.org. Located at Avonmore Hall: 7902 - 73rd Ave NW.

## Outdoor Soccer

The final registration session for outdoor soccer is March 20 from 5:00-8:00 at the ES-ESA Offices (6520 Roper Road). Be sure to complete the online registration at www.emsasoutheast.com beforehand.

## Seniors Morning Out

Come join us for coffee and conversation Saturday mornings. The next one is Mar 20.

## Shinny Ice Hockey

Fall/Winter shinny ice hockey at Kenilworth arena on Friday nights. Please contact Boris at sports@avonmore.org for more details.

## Outdoor Soccer

Next registration session is March 6, from 6:00-9:00 at Bonnie Doon near the Tony Roma's.

The last registration session is March 20 from 5:00-8:00 at South Soccer Center (ES-ESA Office) 6520 Roper Road.

## Lego Club

Come Join us for free lego club! School-aged children are welcome to come build with us at the Hall on April 2 at 3:30 to 5:00 pm.

## Paint Night

Are you looking to get creative in 2019? Join us on Saturday, April 27th from 7-9pm for some painting with friends and neighbours while enjoying a cold beverage from our cash bar.

\$40 per participant. To register go to Paint-NightAvonmore.eventbrite.com. For more information contact Tanya at hallrental@avonmore.org.

## Avonmore Hall Rental

Anyone interested in renting the hall please contact Tanya at (780) 637-5640 or email hallrental@avonmore.org. Hall address is: 7902 - 73rd Ave NW

## Avonmore Yoga

Avonmore Yoga Classes are offered at the hall. Tuesday classes at 6:30 and Wednesday classes at 5:45 p.m. and 7:30 p.m. Cost of the session is \$150.00 for 15 classes. For more information and to register contact Anita at president@avonmore.org

## Avonmore Concert Series

Ann Vriend is performing on March 9! tickets available at AnnVriendAvonmore.eventbrite.com

Ann Vriend (AV) is known most for her soaring, evocative vocals, and not far behind that for her abilities as a songwriter. Plus she ain't too bad at the piano, either. With a compelling combination of defiant resilience and heartfelt vulnerability she delivers her unique brand of gritty, inner-city soul-- and sometimes quite the old-school dance party. Often

## Avonmore Garden Club

Coming events:

March 23, 2019: Pruning trees and shrubs and planting recommendations

April 27, 2019: Tour of Arch Greenhouses

May 25, 2019: Plants and Perennial Exchange

June 21, 2019: Friday night at a member's garden

July 27, 2019: Yard and Garden Tour

August 16: Friday night at member's garden

## Community Swim

**Commonwealth Pool** (until August 28, 2018) 11000 Stadium Road

Saturdays, 5:00 p.m. - 7:00 p.m.

**Hardisty Pool** (until June 24, 2018) 10535-65 Street

Sundays, 1:15 p.m. - 2:45 p.m.

Free to Avonmore Community League Members with valid 2018/19 membership card! Phone 311 or check www.edmonton.ca for updates on closures before you go.

## Avonmore Book Club

Club meets on Sunday evenings every 4 - 6 weeks. Members take turns picking books and hosting meetings. New members welcome. For more information, contact Anita at president@avonmore.org

There is also the option of making a new club on a different evening if there is interest!

## Babysitting Registry

Avonmore Community League is pleased to offer Our Babysitter Registry to help match community members with qualified babysitters.

For Parents Seeking Babysitters: email Cheryl at admin@avonmore.org and she can provide you with a list of teens seeking babysitting work.

For Teens Seeking Babysitting Work: email Cheryl. To help parents find the best fit for their children, provide some information about yourself. Tell us the neighbourhood you live in, the year you were born, your credentials (Red Cross Babysitters Certification, First Aid, etc.), your availability and your experience caring for children. Don't forget to provide your phone number!

compared to her vocal hero, Aretha Franklin, Ann Vriend also kills it live, having sold 18,000 albums off the stage independently. She is an award-winning performer AND songwriter, most recently having won the "She's The One" performance contest at the Ottawa Bluesfest, as well as the 2017 Cobalt Music Prize at the 2017 Maple Blues Awards and the "R&B/Soul Recording of the Year" at the 2018 Edmonton Music Awards, for her gospel style ballad "All That I Can."

## COMMUNITY LEAGUE BOARD



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Capilano Playschool	Marzena	780 802-9307
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 462-4599
Soccer Programs	Curtis	780 908-3889
Ice Allocation	Jaret	780 720-5582
Hardisty Gym/Preschool Soccer/	Shauna D	780 966-3205
SECLA	Monte	780-243-7547
City – NRC	Tyler	780 690-8613

Meetings are held every 3rd  
Wednesday of the month at 7:30 p.m.

Capilano Community is on Facebook "Like Us"

## Choose Capilano Hall for Your Special Event

If you're planning on hosting a party, meeting, family gathering, wedding or other occasion, then you should check out our hall. Capilano hall offers a perfect location with a one-of-a-kind view of the river valley. The hall has a large balcony, kitchen, new wood flooring, and all amenities are available to make any event special. Hall capacity is 80.

Single weekend daily rates for Friday, Saturday and Sunday are \$225/members and \$300/non-members. The entire weekend rates are \$325/members and \$450/non-members. To book the hall or for more information, contact Marzena – 780-909-5886, Maria – 780-984-6839, or visit our website at [www.capilano.info](http://www.capilano.info).

## Need a Capilano Community Membership?

Contact Jean at 780-863-0914.

As well, memberships are available at:  
--"All Care Pharmacy" located at 5016 - 106 Ave. Contact the pharmacy at 780-244-2737 for store hours (Cash only).

--Servus Credit Union, Capilano Mall #110, 5615 – 101 Avenue, Edmonton

(Cash only)

--Edmonton Federation of Community Leagues (online only). Please note: EFCL adds a \$5.00 admin fee.

Thanks to "All Care Pharmacy" and Servus Credit Union for supporting our community!

## Capilano Community League Sign Rental

Contact Patrick at: 780-995-8818 or [patrick.ccl@shaw.ca](mailto:patrick.ccl@shaw.ca)

Do you have a message for the community, a birthday, anniversary, graduation or special event that you would like advertised? Advertise it on our new changeable sign located at the intersection of 65 St and 108 Ave.

Sign rental fees: Community League Members - \$10 (\$15 for non-members).

Small business/commercial advertising - \$25. Guaranteed 3 days.

Please note: small business announcements/advertising also accepted at our discretion. Some restrictions apply and we reserve the right of refusal. Community announcements take precedence over small commercial business announcements.

Please call as far in advance as possible to avoid disappointment!

## Capilano Preschool Soccer Registration

Have fun learning to play soccer. Instructed classes are 45 minutes long and specifically developed for 3-5 year olds. Soccer is held every Tuesday OR Thursday for 6 weeks at Fulton Community Rink.

Start: Tuesday May 7 or Thursday May 9, 2019

End: Tuesday June 11 or Thursday June 13, 2019

Cost: \$70/child

Group A: Tuesdays 5:30-6:15 p.m.;  
Group B: Tuesdays 6:15-7 p.m.

Group C: Thursdays 5:30-6:15 p.m.;  
Group D: Thursdays 6:15-7 p.m.

REGISTRATION: Register opens February 1, 2019 online at Capilano Community League website ([www.capilano.info](http://www.capilano.info)). Look for online registration form under Preschool Soccer. Registration is limited and first come first serve.

## CCL Program Director Needed!

This volunteer position is responsible for planning and coordinating all non-city community program offerings for Capilano Community League (CCL). You will also work with a program committee to implement the program plan. If interested or have questions please contact Kris at [K\\_cramer@telus.net](mailto:K_cramer@telus.net) or 780-720-9003.

## Babysitters are available for YOU!

Hey Capilano community!

Not enough hours in the day? Kids going a little stir crazy? We've got a list of babysitters in your area that would love to hangout with your littles. Email [capilanobabysitting@gmail.com](mailto:capilanobabysitting@gmail.com) for more info!

## Late Outdoor SOCCER Registration

Although February, soccer registration month, has passed it is not too late to be part of the fun. Residents of Capilano, Fulton Place, and Gold Bar can complete the online registration at [www.emsasoutheast.com](http://www.emsasoutheast.com) and then e-mail [hardistysoccer@shaw.ca](mailto:hardistysoccer@shaw.ca) for further instructions. Teams will soon be formed and subsequent registrants will be subject to roster availability.

## Capilano Annual Meeting – May 15!

Save the Date! Capilano Community League will be holding their Annual General Meeting on Wednesday May 15, 2019 at 7:30 p.m.

## Hardisty Gymnastics Club – Upcoming Classes

Sponsored by Capilano Community League

Check out these super fun gymnastics classes!

Offering gymnastics TUESDAY or THURSDAY evenings  
Where: Hardisty School (10534-62 St.)

**Tuesday Gymnastics Classes** (7 weeks): Mar. 5, 12, 19, Apr. 2, 9, 16, 23 \*no class Mar. 26

**Thursday Gymnastics Classes** (7 weeks): Mar. 7, 14, 21, Apr. 4, 11, 18, 25 \*no class Mar. 28

Cost: \$98 per child

Parent & Tot, 18 mos.-3 yr old: 6:00 – 6:45 p.m. (Tuesdays or Thursdays)

Preschool 3-5 yr old: 6:00 – 6:45 p.m. (Tuesdays or Thursdays)

Preschool 3-5 yr old: 6:45 – 7:30 p.m. (Tuesdays or Thursdays)

Elementary 6-12 yrs: 6:45 – 7:45 p.m. (Tuesdays or Thursdays)

Elementary 6-12 yrs: 6:00 – 7:00 p.m. (Thursdays only)

**\*\*NEW Class! PHYSICAL EDUCATION** for 6-12 year olds on Tuesdays from 6:45-7:45 p.m.

Using gymnastics as the foundation, kids will learn basketball, volleyball, ultimate rubber chicken and more! High energy! Feb. 19, 26, Mar. 5, 12, 19, Apr. 2, 9, 16, 23

Cost: \$135 per child

**REGISTRATION:** Register online by visiting Capilano Community League website ([www.capilano.info](http://www.capilano.info)) under the Hardisty Gymnastics Club link.



## Hardisty School "I've Outgrown it Sale!" March 16

This is a great way for you to sell your gently used quality children's items including clothing up to size 12. Clothing, toys, baby equipment, maternity clothes, books, skates, skis, bikes, games, electronics and older kids stuff are always needed. Tables are only \$40 and you get lots of space!

Or just come and SHOP!

**Date:** Saturday March 16, 2019

**Time:** 10 a.m. – 1 p.m.

**Where:** Hardisty School - 10534-62 St.

For more information or to reserve a table (\$40), please email [deedeeleangreen@gmail.com](mailto:deedeeleangreen@gmail.com) or call 780-914-6106.

## Total Body Fitness Class

Please join us at Capilano Community Hall (10810 – 54 Street) for a great fitness program!

**Days/Time:** Tuesdays and Thursdays, 7:00 p.m. - 8:10 p.m.

**Dates:** March 5/7 – April 23/25, 2019

**Costs:** \$80 Tuesdays/\$80 Thursdays or \$160 both days for CCL members.

\$88 Tuesdays/\$88 Thursdays or \$176 both days for non-CCL members.

5 passes available. \$55 for CCL members.

\$60 for non-CCL members.

Drop in for \$12 for CCL members. \$13 for non-CCL members

This is a 70 minute class. This class is suitable for all fitness levels and can be modified. With a low pressure atmosphere it's a fun class especially if you come with a friend. Bring a yoga mat and a water bottle! Contact Lisa for more information or to register at 780-221-9857 or [Lisashortenfitness@gmail.com](mailto:Lisashortenfitness@gmail.com). Check out: [Facebook.com/lisashortenfitness](https://www.facebook.com/lisashortenfitness)



## Capilano Playschool – Open House March 13

Mark your calendars! Capilano Playschool would like to invite you to come check out our classroom and meet our teacher! On March 13 from 6–8 p.m., we will be having an open house along with Hardisty school. We offer a choice of our Healthy Apple (health and wellness) or Christian program. We run morning classes two or three days per week. All classes are for 3 and 4-year olds and include a “Learn Through Play” philosophy that facilitates

children learning letters, numbers, socialization and self-regulation skills through physical activity, art and crafts, field trips, stories, music and more. We are located in Hardisty School (10534-62 street).

There are currently a few spaces available for children to start playschool immediately as well. For more information or to register your 3 or 4-year-old check out [www.capilanoplayschool.com](http://www.capilanoplayschool.com), find us on Facebook or call 780-802-9307.

## Capilano Community Seniors’ Tea – May 5!

Capilano community seniors – please save the date!

On the afternoon of Sunday May 5, 2019 Capilano Community League will be hosting

a free tea for seniors. Keep an eye out for more details in the future – posters will be put up at key locations. Call Heather at 780-818-1456 for more information.

## Capilano Playschool is hiring an Administrative Assistant!

Are you an organized member of the community looking to make a little extra money? Capilano Playschool is hiring a part-time administrative assistant to help us with child registrations, coordinating field trips/events and a

variety of day-to-day administrative tasks that come up with a busy playschool! Training is provided. If you or someone you know may be interested please contact Marzena at [capilano-playschool@hotmail.com](mailto:capilano-playschool@hotmail.com) or 780-802-9307.

## FREE Swim for Capilano Community Members

Bring your current, valid Capilano Community League membership card to swim for FREE during the following time:

--Hardisty Fitness & Leisure Centre from 1:15 to 2:45 p.m. on Sundays

The indoor community swim program runs from the second weekend in September until the end of June. Check the facility website or call ahead (311) as the pools occasionally close for holidays, etc.

## Talking to your teen about bullying



Teens can be under a lot of pressure as they deal with hormonal changes, heartbreaks, anxiety about school, relationships, etc. With so much going on in your teen’s life, it is important to watch for signs that they may be struggling with bullying. If your teen seems unusually anxious, worried about going to school or withdrawn, take some time to check in and let them know you are there to support them. Bullying can take different forms:

**Verbal:** name calling, gossiping and negative comments about a person’s interests or background (e.g. culture, race, ethnicity, religion, gender or sexual orientation).

**Physical:** hitting, tripping, pinching and unwanted sexual touching.

**Social:** leaving someone out on purpose, telling others not to be friends and spreading rumors.

**Cyber:** the use of email, text messages, social media and internet sites to socially exclude, embarrass and damage reputations and relationships.

● What to do if you suspect your teen is being bullied?

● Start the conversation. Talk often and openly.

● Offer comfort and encourage your teen to talk about their feelings.

● Work with your teen’s school to monitor, prevent and stop bullying behaviours.

● Make safety arrangements. Be sure your teen knows how to get help.

● Build confidence. Teach your teen to be assertive, not aggressive.

● Stand up for your teen. Get involved in bullying awareness and prevention programs.

● Be a role model.

Adult intervention is key to bullying prevention. Being informed about bullying is the first step in addressing bullying behaviour and promoting healthy relationships. Take action with teachers and other adults in your community to implement anti-bullying programs to help end negative implications caused by bullying. For more information and resources on bullying awareness and prevention, check out what [www.teaching-sexualhealth.ca](http://www.teaching-sexualhealth.ca) has to offer.

## Spring Tai Chi Chih Class – Capilano Community Hall

Start: Six-week class begins: Monday April 1, 2019

Day/time: Mondays from 12:00 p.m. – 1:00 p.m.

Location: Capilano Community Hall (10810 – 54 Street)

Cost: \$75

Tai Chi Chih is an ancient mind-body art form known for its healing and rejuvenating

effect. The series of 20 energizing movements have been known to improve mental and physical well-being, balance, increase energy and provide relief from pain and stress. Class is for all ages and abilities.

Sharon Melvin is the Accredited Tai Chi Chih Instructor. For more information and to register, check out [www.relaxwithtaichi.com](http://www.relaxwithtaichi.com)

## Capilano Ball Hockey Registration

Kids will enjoy learning stick handling, passing and shooting skills in a small game environment. They will be so busy participating in games developed to improve skills they won’t even realize they are learning! Equipment needed: shin guards; helmets/full cage; hockey stick. Hockey gloves are recommended.

Dates: Saturday April 27 – June 8, 2019 (no class May long weekend)

Group 1: 4-6 year olds (including Gr. 1

students)

Time: 9 – 10 a.m.

Group 2: 7-12 year olds

Time: 10 – 11 a.m.

Cost: \$70/child

Where: Capilano Community League Rink (10810-54 Street)

REGISTRATION: Registration opens online February 1, 2019 at Capilano Community League website ([www.capilano.info](http://www.capilano.info)). Look for online form under Ball Hockey.

## Capilano Gardening Workshops

Capilano Community League will be offering a 3-part workshop series in the Spring for those interested in learning the fundamentals of gardening and composting. We will also be running one session specifically for children and youth who are interested in learning about gardening, becoming more environmentally conscious community members and bee keeping. Keep an eye out on Facebook and future



Southeast Voice issues for confirmed dates and details.

## Food-guide

### What’s new about the Food Guide?

Canada’s Food Guide, a document that promotes and provides dietary guidance to support healthy eating in the Canadian context, was updated in January 2019; 12 years since the last version. Many things are similar to the previous version, such as encouraging us to eat a variety of foods and choosing plenty of vegetables and fruit at each meal, however some things have changed. Here is an overview:

### The Look

The Food Guide is presented as a plate instead of a rainbow. It focuses on the proportions of food on the plate for a meal rather than recommending a number of servings to have each day. The updated food guide encourages ½ of a plate to be vegetables and fruit, ¼ of it to be protein foods and ¼ of it to be whole grain foods. It also encourages water as the drink of choice for hydration.

### Protein Foods

This category of foods includes foods previously found in the Milk and Alternatives and Meat and Alternatives groups. The new food guide emphasizes choosing foods from plant sources (beans, peas, lentils, nuts and seeds) and limiting intake of red meat (and where meat is chosen, emphasis is on lean options). Examples of foods in the protein foods group include

- Eggs
- Fish and shellfish.
- Beans, peas, lentils, nuts and seeds

- Lower fat dairy like milk, yogurt and lower sodium cheeses

- Lean meats and poultry

### Even more emphasis on Whole Grains

While the previous food guide encouraged ½ the grains chosen to be whole grains, the updated Food guide directs Canadians to “Choose whole grain foods”. Examples include:

- Whole grain brown or wild rice
- Whole grain pasta, bread
- Whole oats or oatmeal

### Messages about how to eat

There is a lot of information for consumers on ‘how’ to eat. The new food guide provides encouragement to take time to eat, cook more often, involve others in planning and preparing and to enjoy food which includes considering the importance of tradition and culture in foods.

### Messages about healthy habits

While the Canada’s Food Guide snapshot provides a visual representation of foods to eat regularly there are also messages in the food guide to encourage healthy habits which influence food choices. There are specific messages to reduce highly processed foods, using food labels to inform food decisions and being aware of how food marketing can affect food choices.

Check out [Canada.ca/foodguide](http://Canada.ca/foodguide) for tips, resources and recipes to help make healthy food choices.

## Board Member Contact Sheet

Position	Name & E-mail
President	Name: <b>Reg</b> Email: <a href="mailto:president@cloverdalecommunity.com">president@cloverdalecommunity.com</a>
Past-President	Name: <b>Vacant</b> Email: <a href="mailto:pastpresident@cloverdalecommunity.com">pastpresident@cloverdalecommunity.com</a>
Vice-President	Name: <b>Lisa</b> Email: <a href="mailto:vicepresident@cloverdalecommunity.com">vicepresident@cloverdalecommunity.com</a>
Secretary	Name: <b>Liam</b> Email: <a href="mailto:secretary@cloverdalecommunity.com">secretary@cloverdalecommunity.com</a>
Treasurer	Name: <b>Regan</b> Email: <a href="mailto:treasurer@cloverdalecommunity.com">treasurer@cloverdalecommunity.com</a>
Civics Director	Name: <b>Tim</b> Email: <a href="mailto:civicsdirector@cloverdalecommunity.com">civicsdirector@cloverdalecommunity.com</a>
Folk Festival Liaison Director	Name: <b>Sandy</b> Email: <a href="mailto:folkfest_liaison@cloverdalecommunity.com">folkfest_liaison@cloverdalecommunity.com</a>
Communications Director	Name: <b>Caitlin</b> Email: <a href="mailto:communications@cloverdalecommunity.com">communications@cloverdalecommunity.com</a>
Social Director	Name: <b>Bob</b> Email: <a href="mailto:socialdirector@cloverdalecommunity.com">socialdirector@cloverdalecommunity.com</a>
Program Director	Name: <b>Vacant</b> Email: <a href="mailto:programdirector@cloverdalecommunity.com">programdirector@cloverdalecommunity.com</a>
Membership	Name: <b>Karen</b> Email: <a href="mailto:membership@cloverdalecommunity.com">membership@cloverdalecommunity.com</a>
<b>Committee Leads</b>	
Casino	Name: <b>Bev and Shane</b> Email: <a href="mailto:casino@cloverdalecommunity.com">casino@cloverdalecommunity.com</a>
Edmonton Ski Club Liaison	Name: <b>Chris</b> Email: <a href="mailto:skiclub_chair@cloverdalecommunity.com">skiclub_chair@cloverdalecommunity.com</a>
Flood Mitigation	Name: <b>Eric</b> Email: <a href="mailto:floodmitigation_chair@cloverdalecommunity.com">floodmitigation_chair@cloverdalecommunity.com</a>
Community Garden Chair	Name: <b>Shelley</b> Email: <a href="mailto:communitygarden_chair@cloverdalecommunity.com">communitygarden_chair@cloverdalecommunity.com</a>
Seniors	Name: <b>Karen</b> Email: <a href="mailto:seniors@cloverdalecommunity.com">seniors@cloverdalecommunity.com</a>
LRT Citizens Committee	Name: <b>Paul</b> Email: <a href="mailto:lrtcommittee_cochair@cloverdalecommunity.com">lrtcommittee_cochair@cloverdalecommunity.com</a>
Gallagher Park Master Plan	Name: <b>Paul</b> Email: <a href="mailto:lrtcommittee_cochair@cloverdalecommunity.com">lrtcommittee_cochair@cloverdalecommunity.com</a>
Abundant Community - Neighbourhood Connectors	Name: <b>Marilyn</b> Email: <a href="mailto:neighbourhoodconnector@cloverdalecommunity.com">neighbourhoodconnector@cloverdalecommunity.com</a>
<b>Hall Manager</b>	
Hall Rentals	Name: <b>Janet</b> E-mail: <a href="mailto:rentals@cloverdalecommunity.com">rentals@cloverdalecommunity.com</a>

Board of Directors Contact List, For South East Voice (SEV), Updated: 2018-11-20

## Volunteer Opportunities

Cloverdale Community Garden Club (CCGC)

The CCGC has been actively gardening since 2015. We've got about 26 plots and raised beds available for individual and family use. We've recently added a small raspberry patch and a rhubarb patch. We also have a section of the garden that dedicated growing fresh produced that's donated to the Edmonton Food Bank. This is one of the unique features of our community garden. It's our way of giving back to the larger community. Over the years the CCGC has donated over 600 kg of fresh potatoes to the Edmonton Food Bank.

The CCGC operates under the umbrella of the Cloverdale Community

League. The CCGC is led by a small, dedicated group of volunteers. We're reaching out to the Cloverdale residents for new leadership. We're looking for a CCGC chairperson, treasurer, social director and garden co-ordinator assistant. The time commitment is reasonable and seasonal. Get involved, share your passion and join the group.

The CCGC is holding a planning meeting on Friday, March 22, 2019 at 7:00 PM in the amenities room at The Landing. More details to follow. RSVP to Shelley, Acting Chairperson at < [communitygarden\\_chair@cloverdalecommunity.com](mailto:communitygarden_chair@cloverdalecommunity.com) >

You're all welcome to attend!

## Message From the Board

There's still a lot of snow on the ground and it's been might cold, but the daylight hours are certainly getting longer. And with that come more opportunities to get outside and enjoy Gallagher Park for sledding and skating at the Cloverdale Community League (CCL) rink. Thanks to the great crew of volunteers who work so hard to keep the ice in great shape. For indoor activities and other pursuits check out the list of programmes that will be starting in the CCL hall in April 2019. There are lots of choices on offer.

On **March 6, 2019**, from 4:30 PM to 7:30 PM the City of Edmonton is hosting the first in a series of **public engagement sessions** on future long-term development of **Gallagher Park**.

This is a long-term project. It's central to Cloverdale's future. Come add your insights and ideas. The open house will be at the Cloverdale Community League Hall. Add your voice to the future of Gallagher Park as the concept team responsible for its redesign comes to Cloverdale to ask for your input. Check out [https://www.edmonton.ca/projects\\_plans/parks\\_recreation/gallagher-park-master-plan.aspx](https://www.edmonton.ca/projects_plans/parks_recreation/gallagher-park-master-plan.aspx) for more information.

On June 2, 2019 the CCL will have a party to celebrate the completion of our project. It will be an opportunity to showcase our accomplishment, have food, activities for kids, entertainment and fun and kick back a bit. The

CCL will also be host site for the 20th annual Eco Solar Tour. There will be various displays on energy efficiency technology. Stay tuned for updates.

Finally, while you're out and about – skating at the rink, enjoying the playground with your kids, walking the dog, or just hanging out – introduce yourself to your neighbours. We've been hibernating for a while, so this is a great opportunity to get reacquainted with one another. Neighbours who know one another help create a healthier, happier and safer neighbourhood. As Mr. Roger's said, "Won't you be my neighbour."

*All the Best*  
*Your Cloverdale Community League Board*

## Mark Your Calendar!

Mark your calendars and get ready to join the neighbourhood at the following activities at the Cloverdale Community League Hall, 9411 97 Avenue. Check the Cloverdale Community League website for regular updates.

**Gallagher Park Concept Plan Public Input Session:** Wednesday, March 6, 2019, from 4:30 PM to 7:30 PM. Add your voice to the future of Gallagher Park as the concept team responsible for its redesign comes to Cloverdale to ask for your input. This is the first public engagement on this long-term project. It's central to Cloverdale's future. Come add your insights and ideas. More information at: [https://www.edmonton.ca/projects\\_plans/parks\\_recreation/gallagher-park-master-plan.aspx](https://www.edmonton.ca/projects_plans/parks_recreation/gallagher-park-master-plan.aspx)

**Cloverdale Community Garden Spring Fling Potluck Brunch:** 11 AM, Sunday, April 14, 2019. Calling all Green Thumbs! Get together with the other novice and veteran Cloverdale gardeners to get a start on the 2019 gardening season. This is a potluck, which is always fun. Stay tuned for updates.

**Spring Wine Not #9** Friday, April 12, 2019. This is gathering is perennial favourite. Join friends and neighbours for fun, food, wine and entertainment.

Stay tuned for details and be sure to RSVP [socialdirector@cloverdalecommunity.com](mailto:socialdirector@cloverdalecommunity.com) so that we're well prepared for our guests.

**Eggstravaganza:** 11 AM to noon, Sunday, April 21, 2019. This one is for the kids and the kids at heart. It's a family friendly event. Join in the Cloverdale Community League annual celebration and get in on the fun and games. - Sunday May 26 - River Valley Clean Up

**River Valley Clean Up & Big Bin Event:** Sunday, May 26, 2019. Join your neighbours for a pancake breakfast and then head out into Gallagher Park and the Cloverdale neighbourhood to clean up the grunge left behind by the receding snow. This is a family friendly event. Enjoy some great food and the great outdoors as we tidy up the neighbourhood after a long hard winter.

We'll also have dumpsters on site for the second annual Big Bin Event to help you with your spring-cleaning! Non-hazardous household material, yard and garden waste will be accepted. No mattresses or hazardous goods please. Last year 51 Cloverdale households participated. We collected over 3600 kg of material.

Can we top that in 2019?

**Community League Celebration & Eco Solar Tour:** Sunday, June 2, 2019 noon to 6:00 PM. We're planning a community party at the hall to celebrate the completion of our energy efficiency upgrades and new deck. The hall will also be a host site on the 20th Annual Eco Solar Tour < <http://www.ecosolar.ca/> >. There will be food, games, and activities for children. We'll have displays of our energy efficiency technologies in the hall and other displays to peak your curiosity about energy efficiency for your home. Stay tuned for more information!

**Community League Day:** Saturday, September 21, 2019. More details will be available.

**Cloverdale Community League (CCL) AGM:** Monday, September 23, 2019 at 7:00 PM at the CCL hall. Join the community to make decisions for the future, hear reports from the board about the past year and volunteer to get involved on the board.

**CCL Halloween Party:** Sunday, October 27, 2019

**CCL Christmas Party:** Sunday, December 7, 2019

## Indoor Playgroup

Come and enjoy playtime at the hall! Indoor playgroup runs on Thursdays from 10 am to

12:00 pm. Drop in with your preschooler. Enjoy coffee with your neighbours while the kids

play! It's great way for parents and children to meet new friends. No cost for this program.



# Gallagher Park Concept Plan Project

The City of Edmonton is developing a concept plan which will establish a 20-year vision for the development and use of Gallagher Park.

The Concept Plan will consider the existing park uses, the goals of all site partners, the priorities identified by the public, all standards and regulations, and the strategic goals of the city.

Come and have your say in the future of Gallagher Park.

## Public Engagement Event

MAR 6 2019

4:30 to 7:30 p.m.  
Cloverdale Community Hall  
9411-97 Ave., Edmonton

Learn more about this project at:  
[edmonton.ca/gallagherparkconceptplan](http://edmonton.ca/gallagherparkconceptplan)

SHARE YOUR VOICE  
SHAPE OUR CITY



REFINE

## Cloverdale Community League Board of Directors

Volunteers are the heart and soul of the Cloverdale Community League! We're looking for volunteers to fill a number of positions on the board at the AGM on September 23, 2019. The time commitment for each position varies, but we try to keep it manageable. Family, work and volunteer life balance is important. These positions will be open for elections in September:

President  
Edmonton Ski Club Liaison Chairperson  
Community Garden Chairperson

Social Director  
Programme Director  
Membership Director  
Seniors Director

The work is satisfying and rewarding. It's an opportunity to share your skills and learn new ones. It's an opportunity to meet your neighbours, focus on developing the assets of Cloverdale and give back to the neighbourhood. For more information, including job descriptions, contact Reg at [president@cloverdalecommunity.com](mailto:president@cloverdalecommunity.com)

## Employment Opportunity

Part Time Bookkeeper

The Cloverdale Community League requires the services of a part-time bookkeeper to assist the CCL Treasurer with financial record keeping and reporting. The time commitment may vary from month to month but is generally estimated to be 2 to 6 hours/month and is subject to change. This position reports to the CCL Treasurer and is under the supervision of the CCL Treasurer. There are no staff supervision

requirements. Familiarity with Community Leagues, dealing with volunteers, and Quick Books online are assets. We expect you to have excellent written and verbal communications skills and the ability to meet deadlines. For more information, including position description, please contact Regan at [treasurer@cloverdalecommunity.com](mailto:treasurer@cloverdalecommunity.com). Send written Expressions of Interest, including compensation expectations, to Regan by March 31, 2019.

## Book Cloverdale Hall Today!

We have the perfect space for your spring and summer parties! We're located in the park like setting of Gallagher Park with access to year round recreation opportunities. We offer great scenic backdrops for your photos and memories. Whether it is a wedding, family reunion or a BBQ, let us be your hosts at our great facility!

The Cloverdale Community League hall is the perfect venue! Room to move, party, mingle or just chill out. The hall has all the amenities, including Internet access, needed to host your special event!

The hall has recently been renovated. We got a new wrap around deck and the hall is completely accessible. Other upgrades for your comfort include a range of energy efficiency technology, including solar panels! Go Green at your next event at the Cloverdale Community League hall.

Whether it's a business meeting or a social, the Cloverdale Community League can accommodate your gathering. Email Janet to book a date and view the hall: [rentals@cloverdalecommunity.com](mailto:rentals@cloverdalecommunity.com).

## Protect Your Home - Mitigate Flood Related Risk

Did you know, of all extreme weather events in Canada, flooding is among the most costly (1)?

Here in Alberta, home owners have experienced major flood events both recently and historically – including the devastating flooding in Southern Alberta in 2013 and indeed here in Edmonton over 100 years ago, referred to as the Great Flood of 1915 (2). Not limited to these somewhat rare major flood events from overflowing river basins, Edmonton homeowners face a variety of flood-related risks. The more common causes include sewer back-ups and wet basements related to overwhelmed drainage infrastructure. The Cloverdale Community League continues to advocate to the City of Edmonton and EPCOR on behalf of the neighborhood for capital projects and drainage enhancements to mitigate risk.

Improper grading, clogged or ineffective eaves troughs, foundation cracks, and seepage through basement windows are also often contributing factors to wet basements. The City of Edmonton and EPCOR have recommended several mitigation activities that you as a homeowner can do to minimize your risks to basement flooding (3). If you're considering installing a sewer backwater valve as an important step to protect your home,

you may be eligible for an \$800 subsidy (4).

Living in the valley provides so many advantages, but risk from overland flooding is a reality to which Cloverdale residents may be exposed. A 'great' flood similar to what took place in 1915 could happen any given year with probability of such an event typically regarded as 1:100 years, or a 1% chance any given year. Certainly, chances of less severe and localized flooding events are much more probable.

In addition to the subsidy available for backwater valves, there's other good news. Flood insurance is increasingly available through several insurance companies, with options for coverage related to drainage events (sewer line back-up) and overland flooding (5). With flooding listed as one of the most stressful experiences a homeowner can face, we can hope for the best, but we should plan for the worst. Although we're in the midst of winter, now is an ideal time to explore insurance options and think about mitigation activities for your property.

When looking for homeowners flood insurance, homeowners should request quotes from more than one insurance company. Flood insurance may be more widely available, but it is priced based on relativity to risk and there is no standard amongst insurance

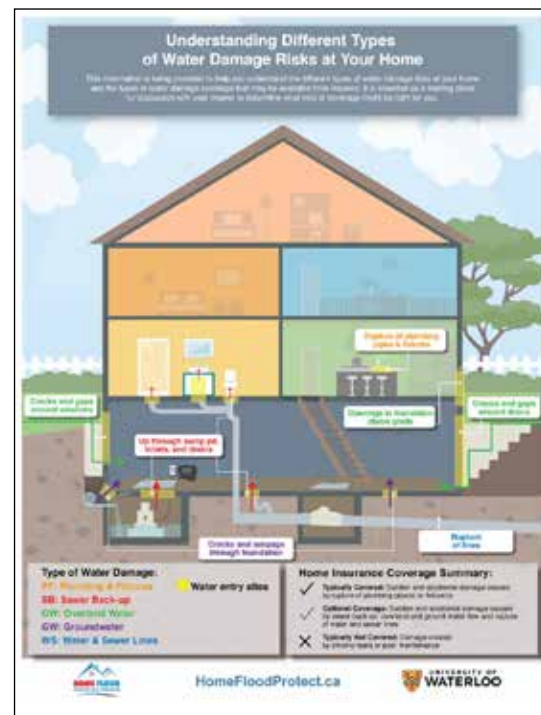
companies for what flood mapping tools they use to determine probability of flood risk. Also, each company offers its own unique coverage wording. The old adage of you get what you pay for often applies to insurance coverage of any type.

Please contact Eric if you have any questions: [floodmitigation\\_chair@cloverdalecommunity.com](mailto:floodmitigation_chair@cloverdalecommunity.com).

Check out the following links for more information:

(1) <https://uwaterloo.ca/news/news/chronic-stress-and-lost-time-work-report-shows-basement>

(2) [https://www.edmonton.ca/city\\_government/edmonton\\_archives/the-flood-of-1915](https://www.edmonton.ca/city_government/edmonton_archives/the-flood-of-1915).



aspx  
(3) <https://www.epcor.com/products-services/drainage/flooding-flood-prevention/Pages/default.aspx>

(4) <https://www.epcor.com/products-services/drainage/flooding-flood-prevention/homeowner-programs/Pages/backwater-valve-subsidy-program.aspx>

(5) <http://www.aema.alberta.ca/overland-flood-insurance-faq>

(6) Additional Resources about flood protection

for your home and insurance considerations: <https://uwaterloo.ca/partners-for-action/projects-and-programs/flood-risk-homeowner-awareness>



## Spring Programs

All programs start April 2019

A minimum of 6 participants is required for all classes. Classes are free to Cloverdale Community League members.

Please register for all classes in advance at: < rentals@cloverdalecommunity.com

### Mondays:

**Zumbini with Mariela**, certified instructor: 5:15 pm-6:00 pm, 6 weeks: April 15 to May 27. Dance, sing and play with your little one! \$40 for Bundle supplies.

**Barre Class/ Kim Ashley** AFLCA instructor: 7pm-8pm, 8 weeks: April 8th to June 3rd. Less impact than a boot camp. It infuses elements of dance, and ballet, to achieve beautiful healthy bodies. A pair of dumbbells and a yoga mat required. Also, athletic shoes and light comfy clothing.

### Tuesdays:

**Urban Poling Club** meets at the hall at 9:45 am for a one-hour local pole walk.

**Soccer Sport ball** for preschool children. Outdoors. 6 weeks: May 7th to June 18th. 9:15 am - 9:45 am, 16 mo. - 2yr. Play soccer activities with your preschooler.

9:45 am - 10:30 am, 2 - 3 ½ year-old.

10:30 am - 11:30 am, 3 ½ - 5yr.

Each child receives a jersey, socks and soccer ball!

Cost: \$40 for Cloverdale Community League members; \$160 for non-members.

**Art Club:** Starts March 5th with artist Karen McFarlane. 1:30 pm to 4:30 pm. Work on an art project of your choosing in the lounge.

**Evening Sport Ball:** This is a 6-week session: May 7th to June 18th.

5:00 pm - 5:45 pm for ages 2 - 3 ½ years;

5:45 pm - 6:45 pm for 3 ½ to 5 years old;

6:45 pm - 7:45 pm for 5 to 7 years old.

Each child receives a jersey, socks and soccer ball!

Cost: \$40 for Cloverdale Community League members; \$160 for non-members.

NEW to Cloverdale Community League! **"STRONG by Zumba"** is a high-intensity interval tempo 60 minute workout. It's a full-body, bodyweight workout that conditions your muscles with a combination of cardio and plyometric exercises. The music is the heart of the workout, and every movement you do will be to the beat of the music. 6:15 pm to 7:15 pm, April 9th to June 4th. 8 week class.

**Yoga/Kerri Gladwin:** Hatha yoga. 8 pm to 9pm. Starts April 9th. 4-week session. 4 weeks. Bring a yoga mat and wear yoga clothing.

### Wednesdays:

**Pilates:** 9:30 am - 10:30 am. Lynn L. Bring your yoga mat, runners, water bottle and fitness clothing. Wed April 10th to May 29th.

**Ping-Pong Club:** Bring your inside runners and enjoy Ping-Pong. 7 pm to 9 pm. Any skill level. Any age.

**Games Club:** Bring along your games and your friends of any age. 7 pm to 9pm. Play in the hall or lounge. (Executive meetings once monthly, on the second Wednesday of the month in the lounge.)

### Thursdays:

**Indoor Playgroup:** 10:30 am to 12:00 pm. Drop in with your preschooler. Coffee, toys, and socialize.

**Zumba kids with Mariela:** 6:15 pm to 7 pm. April 11th to June 6th. Kids channel their energy into great dance moves.

# Schwabe's

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**Barre Class/Cat Lam**, AFLCA instructor: 7:30 pm to 8:30 pm. April 11th to May 30th. A pair of dumbbells and a yoga mat are needed. Athletic shoes and light comfy clothing. Bring along water for hydration!

### Fridays:

**Yoga/Kerri Gladwin:** 9:45 am to 10:45 am. April 12 to May 31. Hatha yoga with a variety of relaxing, stretching, strengthening poses. Instruction provided for chair yoga. Yoga matt and wear loose yoga clothing.

### Sundays:

**Adult Learn to Dance with International Ballroom Dancer Cecilia:** 7:30 pm to 8:30 pm. April 14 to June 9. An hour for

teaching & optional ½ -hour practice. Line dance warm up exercise. The dances taught will be jive, cha-cha, rumba for Latin's and waltz, foxtrot, tango, quickstep for Standards. Partners will be optional.

The main thing is to learn good basics so after a few lessons and practices we can attend real dances together.



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## Board Member Contact Forest Terrace Heights

President	Rae	President@forestterrace.org
Vice President	Jeremy	VP@forestterrace.org
Secretary	Curtis	Secretary@forestterrace.org
Treasurer	Michelle	Treasurer@forestterrace.org
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Casino	Anna	Casino@forestterrace.org
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Events	Kathleen	Events@forestterrace.org
Indoor Soccer	Kelly	Safety@forestterrace.org
Civics	Julie	Civics@forestterrace.org
Marketing	Joanne	Marketing@forestterrace.org
ACE	CoraLee	ACE@forestterrace.org

## Don't miss out on membership perks



Don't miss out on all the benefits you can enjoy with a membership in the Forest Terrace Heights community league:

We offer free swims at Hardisty Pool every Sunday from 1:15 to 2:45 p.m., and every Saturday from 5 to 7 p.m. at Commonwealth Fitness Centre.

Once a month, we randomly select a winner from all community-league members to receive a free bouquet of fresh flowers from Grower Direct, our neighbourhood florist at 7231 101 Ave.

Members get a discount on rental of our community hall, a perfect location for children's birthday parties, family reunions, fundraisers, meetings, exercise classes and more. A four-hour rental is \$110 for non-members and \$80 for members. A full day is

\$230 for non-members and \$180 for members. For more information or to book, visit forestterrace.org.

Premier Painting offers a 10-per-cent discount on all painting and staining services. Call 780-721-4771 or visit premierpaintingyeg.com.

Free membership in the Edmonton Tool Library allows you to borrow up to eight items per year from a large inventory of hand, power and yard tools for a week at a time. To claim your membership, visit the tool library location at the Bellevue Community Hall (7308 112 Ave) and bring photo ID and your community league membership card. To make the process faster, complete the membership application at edmonton-toollibrary.weebly.com.

## Yoga with Lyndsey



### Mondays, 7 to 8 p.m. until April 1

All are welcome for beginner to intermediate Hatha practice with emphasis on alignment in postures, core strength, flexibility and balance, as well as concentration and breath control. Registration is on Eventbrite; \$8/class for members, \$10/class plus Eventbrite fees for non-members. Contact Lyndsey at peters.lyndsey@gmail.com for yoga questions and programs@forestterrace.org for any registration issues.

## Grants director needed

We're sorry to say our grants director Bonnie is stepping down in June after four years of service to the community. Please consider whether you or someone you know might be interested in the position, which involves applying for a couple of grants in the early spring each year, grant reporting and attendance at monthly board meetings. Email president@forestterrace.org for more information.

## Now recruiting casino volunteers

Thank you to those who have already volunteered for our 2019 casino fundraiser May 11 and 12 at Casino Edmonton, 7055 Argyll Road. We still have openings for the evening shift on Sunday, May 12. Each volunteer receives a meal and a \$100 voucher that can be put towards programs and services offered by dozens of different non-profit organizations. For more information or to volunteer, contact casino@forestterrace.org.

Show your card at Real Deals, the home decor store at 7115 101 Ave, and receive 10-per-cent off!

Fargos Restaurant & Pub at 5804 Terrace Rd.: 10-per-cent off on food and beverage with your membership card.

Families \$30; individual memberships \$15; seniors \$10; new to Forest Terrace Heights or you've never had a membership, your first year is free! Here's how to buy:

- Online at efcl.org/membership
- Email our membership director or call her at 780-463-1613 (this is the only option for free memberships).
- At Shaheen Grocery & Bakery (10130 79 St), Grower Direct (7231 101 Ave), SEESA (9350 82 St) or any Edmonton Servus Credit Union branch

## High Fitness

Thursdays, 7:30 to 8:30 p.m. March 7-28

Layton will treat you to an hour of fun and movement every Thursday at the hall. High Fitness has choreographed workout moves to upbeat popular music that you will know and love. Your heart will be pumping as you move through intervals of cardio, toning, barre, ab and arm tracks. Registration is on Eventbrite; \$8/class for members. \$10/class for non-members, plus Eventbrite fees. Contact Layton at highfitguy@gmail.com for High Fitness questions or programs@forestterrace.org for any registration issues.

## Not one but two rinks!



Forest Terrace Heights boasts two outdoor skating rinks. The Forest Heights rink is next to the hall, at 10150 80 St. The rink is unlocked unless the ice is unsafe due to melting or when temperatures fall below -20C. The rink house is open weekdays from 5 to 9 p.m. and weekends from noon to 7 p.m. The lights come on daily from 5 to 9 p.m.

Adults are welcome for co-ed shinny hockey Sundays 7 to 8:30 p.m. All skills and abilities may participate; just bring a stick and your skates. Extra admiration for goalies with equipment who come out!

The Terrace Heights rink is in the school field east of 71 St at about 99 Ave. It's accessible 24/7 and the lights are on from 5 to 9 p.m. There is no indoor access or supervision.

## Community de-cluttered

The third edition of Minimalism Edmonton's Clothing Swap happened last weekend at the Forest Heights Community League. Volunteers from the community, Walkable Edmonton, and Sara Kalke of RE/MAX hosted families who wanted to declutter old clothing and pick up new clothes.

"From being in real estate, I see how much extra stuff people have in their homes," said

Kalke, pictured here with co-organizer Jackie Ferner. "Sometimes we hang onto things just because we don't want to see them go to a recycling centre. These clothing swaps give us the ability to get new clothes for free, to meet people in the community, and to have a fun afternoon out."





## Community Contacts

- **PRESIDENT**- MIKE  
president@fultonplace.org  
780-886-7794
- **VP of League Affairs**- Krystina  
vpleagueaffairs@fultonplace.org  
780-906-5507
- **VP of Civic Affairs**- Gavin  
vpcivicaaffairs@fultonplace.org  
780-504-1896
- **Treasurer**- Jeff  
treasurer@fultonplace.org  
780-289-0077
- **Communications Director**- Joshua  
communications@fultonplace.org
- **Facilities Director**- Clayton  
info@fultonplace.org
- **Sunshine Garden**- Sherry  
fpcgcontact@gmail.com
- **Seniors Liason** – Miles  
info@fultonplace.org
- **Community Ice Rink**- Shawn  
outdooriceinc@gmail.com
- **Babysitting Registry**- Ruth  
info@fultonplace.org
- **Southeast Voice Submissions**-  
Joshua [info@fultonplace.org](mailto:info@fultonplace.org)

## Hall Rental

The hall is a great place to hold family, social or business functions. The rental rate is competitive, with discounts for Fulton Place community league members. To book the hall please contact [sherry-lynn@fultonplace.org](mailto:sherry-lynn@fultonplace.org) or call the Hall at 780.466.8140 and leave a message.



## RED CROSS BABYSITTING AND FIRST AID COURSE

Sponsored by Fulton Place Community League

**Sunday May 26, 2019**

**9:00 am – 5:00 pm**

Fulton Place Community Hall: 6115 Fulton Road, Edmonton

### Do you want to babysit?

### Do you stay home alone?

**Newly Revised Course Includes Greater Emphasis on First Aid Skills!**

- What to do - and who to call - in an emergency
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- Responsibilities of a babysitter
- How to care for babies and toddlers
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- Proper use of EpiPen and Inhaler

**All the safety and first-aid that a babysitter or someone staying home alone needs to know, presented in a fun, hands-on workshop!**

**Registrants receive Red Cross Babysitters Manual.**

**FOR:** Girls and Boys ages 11 and up (by end of May 2019)

**COST:** \$75.00 including GST

Note: Current Fulton Place Community League Members qualify for \$20.00 subsidy

**BRING:** Lunch, pencil, large floppy doll/teddy (must lay flat), water bottle and indoor shoes

**RED CROSS CERTIFICATE CARD ISSUED UPON SUCCESSFUL COMPLETION**

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For more information contact Ruth at: [babysitter@fultonplace.org](mailto:babysitter@fultonplace.org) or (780) 465-0550.

## Set your calendars - the Fulton Place Garden Tour in its 5th Year

**Tuesday, June 18 and Wednesday, June 19, 5:30-8:00 pm**

We are presently looking for gardens to include on our fifth annual tour. If you are interested in showing your garden this year, or would like to nominate a garden to include on the tour, please contact Sheila at 780-468-9218 or [hawkthorn@telus.net](mailto:hawkthorn@telus.net). There are also volunteer opportunities available.

Greater Hardisty is home to a very successful community garden – The Sunshine Garden. It has brought together many groups with a positive common purpose. An offshoot of the Sunshine Garden is its annual fund-raiser, the Fulton Place Garden Tour. The Garden Tour is both a ‘fund-raiser’ and a ‘friend-raiser’.



Meet your neighbors and talk gardening  
Explore a variety of gardens  
Learn what grows well here  
Get design and planting ideas  
Enjoy the beauty of Fulton Place gardens  
Both garden hosts and volunteers are invited to a special garden party pre-tour as a thank-you for their support.

## Community Swimming

*Hardisty Swimming Pool*

Fulton Place Community League Members enjoy free swimming on Sundays from 1:15-2:45, September 1 to June 22.



## LATE OUTDOOR SOCCER REGISTRATION

Although February soccer registration month has passed, it is not too late to be part of the fun. Residents of Capilano, Fulton Place, and Gold Bar can complete the online registration at [emsasoutheast.com](http://emsasoutheast.com) and then e-mail [hardistysoccer@shaw.ca](mailto:hardistysoccer@shaw.ca) for further instructions. Teams will soon be formed and subsequent registrants will be subject to roster availability.



**My staff and I are at your service. The Edmonton Gold Bar constituency office is here to:**

- Provide information about provincial government programs & services
- Assist you with questions or difficulties with governmental services
- Participate in local community events
- Share ideas

**100-8925 82 Avenue**  
**780.415.1015**  
[edmonton.goldbar@assembly.ab.ca](mailto:edmonton.goldbar@assembly.ab.ca)

**Honourable Marlin Schmidt**  
**MLA Edmonton-Gold Bar**





# Linda Duncan

**Member of Parliament  
Edmonton Strathcona**

**Contact my constituency office  
for assistance with:**

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- Old Age Pensions
- Income Tax
- Citizenship and Immigration
- Canada Student Loans
- Celebratory Messages

**780-495-8404**

[linda.duncan.c1@parl.gc.ca](mailto:linda.duncan.c1@parl.gc.ca)

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**Contact Lisa Leflar**

**780.468.2589**

**[leflarl@suzukischool.ca](mailto:leflarl@suzukischool.ca)**



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For information on David, please visit his website at [www.VoteDorward.ca](http://www.VoteDorward.ca)

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P: 780.463.1502  
E: david@votedorward.ca



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# Gold Bar

4620 - 105 Avenue  
goldbarcl.com

## Gold Bar Executive

Name	Position	Email
President	Adam Rompfer	<a href="mailto:adamrompfer@yahoo.ca">adamrompfer@yahoo.ca</a>
Vice President	Jamie Melnyk	<a href="mailto:jamie21_twitcher@hotmail.com">jamie21_twitcher@hotmail.com</a>
Secretary	Tammy Schatull	<a href="mailto:goldbarsecretary1@gmail.com">goldbarsecretary1@gmail.com</a>
Treasurer	Nicole Kraychy	<a href="mailto:nicolegoldbar@live.com">nicolegoldbar@live.com</a>
Bingo Director - Fort Road	Jessica Negrey	<a href="mailto:negrey@shaw.ca">negrey@shaw.ca</a>
Bingo Director - Parkway	Charlene Lazenby	<a href="mailto:charlenelazenby@gmail.com">charlenelazenby@gmail.com</a>
Bingo Worker Director	Lorie Smith	<a href="mailto:loriesmith@gmail.com">loriesmith@gmail.com</a>
Casino Director	Isabella Pierce	<a href="mailto:bella.edm@shaw.ca">bella.edm@shaw.ca</a>
Communications Director	Lisa Shorten	<a href="mailto:brian.lisa.shorten@gmail.com">brian.lisa.shorten@gmail.com</a>
Director At Large	Pat Chmilar	<a href="mailto:p.chmilar@icloud.com">p.chmilar@icloud.com</a>
Community Liaison	Rhae Hansen	<a href="mailto:gbcl.liaison@gmail.com">gbcl.liaison@gmail.com</a>
Financial Director	Andrew Mason	<a href="mailto:andrewroycemason@gmail.com">andrewroycemason@gmail.com</a>
Green Shack Program Director	Vacant	
Director at Large	Cody Charlene	<a href="mailto:codycharlene86@gmail.com">codycharlene86@gmail.com</a>
Hall Manager	Liisa Armstrong	<a href="mailto:goldbarhallrentals@gmail.com">goldbarhallrentals@gmail.com</a>
Membership Director	Amy Cooper	<a href="mailto:Amycooper88@outlook.com">Amycooper88@outlook.com</a>
Programming Director	Sharon Harker	<a href="mailto:gbhallfun@gmail.com">gbhallfun@gmail.com</a>
Rink Manager	Heather Hopgood	<a href="mailto:hhopgood@shaw.ca">hhopgood@shaw.ca</a>
Sign Director	Lindsay Kocil	<a href="mailto:lindsaykocil@me.com">lindsaykocil@me.com</a>
Social Director	Ronda Lisowski	<a href="mailto:magicianronda@gmail.com">magicianronda@gmail.com</a>

## Okinawan Karate Kaizen Dojo

**Monday and Thursday Evenings**  
Train at Beverly Heights Hall on Mondays and Gold Bar Hall on Thursdays  
Family Class (age 7+) 6:00-7:00 pm  
Adult Class (age 13+) 7:00-8:00 pm  
Kobudo (Weapons) Class: 8:00-9:00 pm  
Your registration fee gives unlimited access to all 3 classes on both nights  
Fees: Jan - April  
1 person \$120, 2 people \$220, 3 people \$300, 4 people or more \$400  
Never too late to register, \$30/month per person  
**Memberships Required**  
Any CL membership  
\$60 annually / person for dojo related memberships  
Classes will continue from May to August.  
Fees will be half price. For more info or to register email [gbhallfun@gmail.com](mailto:gbhallfun@gmail.com)

## Games Night

March 22 – Pot Luck 6:00 to 10:00 pm  
The CL will provide Beef on a Bun at the potluck  
\*This is the Friday before Spring Break\*  
April 26 – 7:00 to 10:00 pm (Snacks)  
For more info [gbhallfun@gmail.com](mailto:gbhallfun@gmail.com)



## Chips Away - Community Skating and Bonfire Party



**Saturday March 9**

**1:00 – 3:00 pm**

**Gold Bar Skate Shack**

Skating, sledding, snow painting, largest snow ball contest, and instant snow demo. S'more's and hot dog roast

## Mom and Me Fitness

This class is a mix of cardio and strength with a special focus on pelvic floor health. Kids and babies are welcome to come play, be in the stroller or be worn. Bring a yoga mat, water, and anything your kids need. This class runs Monday's and Thursdays (not April 22) from 930-1030am at Gold Bar Community Hall. This session runs from March 4/7- April 15/25, although you're welcome to join anytime Contact Lisa to register: Mondays \$70, Thursdays \$80, 5 pass \$55 or drop in \$12. Facebook.com/lisashortenfitness or email [lisashortenfitness@gmail.com](mailto:lisashortenfitness@gmail.com)

## Goldbar Community Memberships Available Now!

You can NOW buy your memberships at BLUES JAVA COFFEE SHOP (5010-106Ave), ALL CARE PHARMACY (5016-106Ave) and at SEESA (9350-82St) come check out these wonderful business and pick up your community membership. Show your membership card at Hardisty Pool on Sundays from 1:15- 2:45pm to participate in a community Swim. On the second Tuesday of every month, show your membership

card at Blues Java Café to receive a FREE hot Beverage (coffee, tea, and hot chocolate) between the hours of 7- 11am. Please Remember Your Card. If you're interested in helping out your community by selling memberships, we have short and long routes available. You can purchase memberships at any of the above places or Call Amy Cooper 780- 668-6836. Adults/Family \$20 and seniors \$5.

## EPCOR Update

For a update regarding construction at EPCORs Gold Bar Wastewater Treatment Plant. Visit [Epcor.com/goldbar](http://Epcor.com/goldbar)

## Yoga

Current Session: Mar 4 – April 29

Next Session: May 6 – June 26

New Instructor: Nancy Conlin, Certified yoga teacher with 20 years of teaching experience.

**Active Hatha Yoga:** a focus on increasing strength and flexibility while calming the mind. Mondays 7:00 – 8:15 pm. Tuesdays 9:45-11:00 am.

**Restorative Hatha Yoga:** a focus on relaxation, allowing the body to restore and renew. Wednesdays 8:00 – 9:15 pm.

**Cost:** \$80 for 8 classes, \$55 for 5 classes or \$15 drop in fee. Plus proof of any CL membership. Your registration allows you to choose between all three classes. For information or to register email.

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## Holyrood Community League Contacts

President	Wendy	<a href="mailto:president@holyroodcommunity.org">president@holyroodcommunity.org</a>
Vice President	VACANT	<a href="mailto:vicepresident@holyroodcommunity.org">vicepresident@holyroodcommunity.org</a>
Treasurer	Claire	<a href="mailto:treasurer@holyroodcommunity.org">treasurer@holyroodcommunity.org</a>
Secretary	Alison	<a href="mailto:secretary@holyroodcommunity.org">secretary@holyroodcommunity.org</a>
Programs	VACANT	<a href="mailto:programs@holyroodcommunity.org">programs@holyroodcommunity.org</a>
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Memberships	Jessica	<a href="mailto:memberships@holyroodcommunity.org">memberships@holyroodcommunity.org</a>
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Civics	Dave	<a href="mailto:civics@holyroodcommunity.org">civics@holyroodcommunity.org</a>
Holyrood Development Committee	Jaime	<a href="mailto:hdc@holyroodcommunity.org">hdc@holyroodcommunity.org</a>
Community Garden	Justine	<a href="mailto:garden@holyroodcommunity.org">garden@holyroodcommunity.org</a>
Rink	Randall	<a href="mailto:rink@holyroodcommunity.org">rink@holyroodcommunity.org</a>
Soccer	Jared	<a href="mailto:soccer@holyroodcommunity.org">soccer@holyroodcommunity.org</a>
Playschool	Jessica	<a href="mailto:playschool@holyroodcommunity.org">playschool@holyroodcommunity.org</a>
Playgroup	Jessica	<a href="mailto:playgroup@holyroodcommunity.org">playgroup@holyroodcommunity.org</a>
Casino	Alison	<a href="mailto:casino@holyroodcommunity.org">casino@holyroodcommunity.org</a>

**Website:** [www.holyroodcommunity.org](http://www.holyroodcommunity.org) **Twitter:** @HolyroodCL

**Facebook:** Holyrood Community League

**Purchase memberships** at SEESA (9350-82 St), through [efcl.org/membership/](http://efcl.org/membership/), at Servus Credit Union locations, or at most Holyrood Community League events.

**Complimentary memberships** are available for newcomers to Holyrood. Contact our Membership Director at [memberships@holyroodcommunity.org](mailto:memberships@holyroodcommunity.org).

## HDC Updates

### *Proposed Temporary Full Closure of 95 Avenue*

Trans Ed has proposed a full closure of 95 Avenue between 85 Street to Connors Road from April of 2019 through to November of 2019. A drop-in Information Session was held Saturday, February 9th, at La Cité Francophone. TransEd used the Information Session, as well as an online survey to collect feedback on the proposal. Many people came out to receive information and share their feedback. A multitude of Strathearn business owners who attended expressed grave concern with this proposal, given that the current construction is already putting strain on these unique independants.

The closure would only allow for vehicles to cross 95 Avenue at 87 Street and at 92 Street. A shared use paths for cyclists and pedestrians would run mainly along the South side of 95 Avenue with crossings by 87 Street, the community hall and 92 Street. For

all of the details on the proposed temporary closure click on this link <http://transedlrt.ca/wp-content/uploads/2019/02/TE-95Ave-Overview-Handout-PRINT.pdf>

TransEd has also released the details of the original construction work plan, which can be found by clicking on this link <http://transedlrt.ca/advisories/95-avenue-current-work-plan/>

The HDC wrote a letter to voice concerns on the proposed closure, especially for the local businesses that are supported not only by Strathearn but the surrounding communities. The committee also made a number of suggestions on potential ways to support the local businesses, improve pedestrian safety and minimize disruptions to residents, should the closure take place.

TransEd will hold a follow up meeting in early April. Stay tuned or sign up for TransEd's email newsletter on their website <http://transedlrt.ca/>

## HDC

The Holyrood Development Committee is a subcommittee of the Holyrood Community League. We ask that community members wishing to continue to support us purchase a 2018/2019 Holyrood Community League membership. Your membership not only helps to support the league, but provides

you with access to community programs and events. You can purchase a membership at SEESA (9350-82 St), through [efcl.org/membership/](http://efcl.org/membership/), at Servus Credit Union locations, or at most Holyrood Community League events.

## Holyrood Community Skating Rink

### *Rink Shack Hours of Operation:*

Monday through Friday - 5:00 p.m. to 9:00 p.m.

Saturday - 11:00 a.m. to 9:00 p.m.

Sunday - 11:00 a.m. to 7:00 p.m.

For general rink information, contact: [rink@holyroodcommunity.org](mailto:rink@holyroodcommunity.org)

### *Rink Programs:*

Tuesdays: AFTER SCHOOL SKATE 3:45 - 5:00 pm

Wednesdays: FAMILY SHINNY 5:30 - 7:30 pm

"THURSDAYS ON ICE" (Early Dismissal) 2:15 - 5:00 pm

Thursdays: TEEN/ADULT SHINNY 7:30 - 9:30 pm

For rink program information, contact: [sports@holyroodcommunity.org](mailto:sports@holyroodcommunity.org)

## Annual General Meeting April 25th, 7-9 pm



The HCL Annual General Meeting will be held Thursday April 25th from 7:00 to 9:00 pm. Be sure to save the date, and stay tuned for more details. The AGM is always a fun evening! A great opportunity to connect with friends, meet your neighbours, and find out what's happening in Holyrood. Attendees receive a complimentary membership.

If you have thought about volunteering, we have some openings on the board! To learn more about these positions, please check out our website <http://www.holyroodcommunity.org/>

## Programs

### **-Free Community Swim**

Your current community membership allows you FREE access to Hardisty Leisure Centre and Commonwealth Rec Centre. Don't forget to pack your membership card!

### **Hardisty Leisure Centre**

Sundays, 1:15 - 2:45 PM

Commonwealth Community Recreation Centre

Saturdays, 5:00 - 7:00 pm

### **-Ruth's Yoga**

Join us for yoga on Tuesday nights. The class is designed for all abilities, from beginner to those more familiar with yoga.

7:00 - 8:15 PM

Holyrood Community League

For more information, or to register call Ruth at 780-237-6730 or email [ruth.sjoberg@gmail.com](mailto:ruth.sjoberg@gmail.com).

## Leadership Opportunity

Would you like to make a significant contribution to your neighbourhood? Do you want to build board leadership skills? Are you keen to work with a team of like-minded individuals who care about our fabulous Holyrood community? Does a five-minute (or less) walk to board meetings sound appealing?

If so, you might be the next President of the Holyrood Community League!

The current and long time president; Wendy Weir will not be seeking re-election at our April 25th AGM. She's been president for over six years, and it's time for a change.

To help ensure continuity, Wendy will continue on with the board as Past President in the year following the AGM. She will provide support for the new president and also work on a few ongoing league projects.

The HCL Board is a high-functioning, well-organized, fun group of volunteers who are keen to welcome and support a new leader. If you think you might have the time, interest and skills to be a community league president, please consider this opportunity!

Contact Wendy at: [president@holyroodcommunity.org](mailto:president@holyroodcommunity.org)

## Holyrood Community Garden

Roses are red, violets are blue

We're building a community garden,

Does this interest you?

The Garden Committee is looking for a volunteer experienced in communications to help us keep the community updated and engaged.

We also invite any members of the community interested in planning, design and funding to join us at our next meeting, Wednesday March 27 at SEESA 5:30 pm

For more details please contact Justine at [garden@holyroodcommunity.org](mailto:garden@holyroodcommunity.org)





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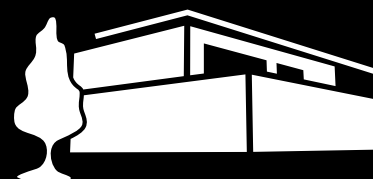
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Pharmacist/Owner

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## Idylwylde Executive Community League Contacts

President	Kate	<a href="mailto:presidentidylwylde@gmail.com">presidentidylwylde@gmail.com</a>
Vice President	David	<a href="mailto:vpidylwylde@gmail.com">vpidylwylde@gmail.com</a>
Treasurer	Monique	<a href="mailto:treasureridylwylde@gmail.com">treasureridylwylde@gmail.com</a>
Secretary	Corrina	<a href="mailto:secretaryidylwylde@gmail.com">secretaryidylwylde@gmail.com</a>
Casino/SECLA	Bridget	<a href="mailto:casinoidylwylde@gmail.com">casinoidylwylde@gmail.com</a>
Civics	Lee	<a href="mailto:civicsidylwylde@gmail.com">civicsidylwylde@gmail.com</a>
Programming	Kamila	<a href="mailto:kamilaidylwylde@gmail.com">kamilaidylwylde@gmail.com</a>
Membership	Michelle	<a href="mailto:membershipidylwylde@gmail.com">membershipidylwylde@gmail.com</a>
Garden	Epiphany	<a href="mailto:gardenidylwylde@gmail.com">gardenidylwylde@gmail.com</a>
Facilities	Stuart	<a href="mailto:facilitiesidylwylde@gmail.com">facilitiesidylwylde@gmail.com</a>
Social	Mick	<a href="mailto:socialidylwylde@gmail.com">socialidylwylde@gmail.com</a>
Publicity	Rachel	<a href="mailto:communicationsidylwylde@gmail.com">communicationsidylwylde@gmail.com</a>

**Purchase your 18/19 membership online at [efcl.org](http://efcl.org)!**

**To contact us, please do so by email or by leaving a message at 780 466 7383.**

**Like and follow us for the most up to date news. Search “Idylwylde Community League” on Facebook and @IdylwyldeCL on Twitter.**

**Also make sure to visit us at [www.idylwylde.org](http://www.idylwylde.org) and sign up for our monthly e-newsletter.**

## Program Calendar 2019

Classes are FREE for ICL members. Make sure to show your card to the instructor.

Membership cards should be purchased ahead of time from Michelle or [efcl.org](http://efcl.org) or at classes.

### \-Vinyasa Flow Yoga – Saturdays

Instructor: Sarah Wallace-Nordin

Time: 10:15 am – 11:15 am

Start date: February 23, 2019

End date: April 6, 2019

A flow style class that combines sun salutations with a variety of postures to gain strength and flexibility while focusing the mind. In this class we will work the body to build heat while matching our movement

with our breath. Open to beginners as well as those who wish to deepen their yoga practice. Please bring a yoga mat, any helpful yoga props you may have (i.e. blocks, bolsters), a towel, and water. All levels welcome.

### -Pilates Mat Class – Mondays

Instructor: Kelly Bray

Time: 7:00 pm - 8:15 pm

Start date: April 29, 2019

End date: June 24, 2019

Pilates is a system of controlled exercises that engage the mind and condition the whole body. The blend of strength and flexibility training improves posture, reduces

## Casino Volunteers Needed

We are looking for volunteers to work our Casino on June 2nd and 3rd. These casinos are very important as they provide the funding that allows us to keep our programs and events affordable, which is something we strongly believe in. Please contact Bridget if you can help out.

## Monthly Community Meetings

Our board meets the second Tuesday of the month, at 7pm (though we sometimes take a break around new years and during the summer). Come out and hear what's going on in your community around the round table, where everyone has a voice!

## Community League Swim

Bring your ICL membership card to get in FREE at these locations and times:

-Commonwealth Community Recreation Centre (11000 Stadium Road)

Saturdays: 5:00pm - 7:00pm

Start Date: September 8, 2018

End Date: August 31, 2019

-Hardisty Leisure Centre (10535 65 Street)

Sundays: 1:15 pm - 2:45 pm

Starts Date: September 9, 2018

End Date: June 23, 2019

## Little Free Library

Cold weather keeping you inside? Talk a quick stroll and visit our Little Free Library over at 7932 83 Avenue, and come a grab an exciting book from the collection, or drop off one of your favorites that you think someone else may enjoy! Then hurry home, stay warm, and get buried in a new favorite!

## Hall Rentals

We are looking for a community minded volunteer rental coordinator to look after all things rental. What we do is pretty special, in that we offer reduced rates to people who live within Idylwylde, so you can host a larger than life function, right in your neighborhood. If this sounds like something you could help with, get in touch with Kate.

## Social Events in Idylwylde

What would you like to see your league offer for social events in Idylwylde? Email Mick with your ideas that will bring the community together.

## Cheery Tomato Community Garden

Please Contact us at [gardenidylwylde@gmail.com](mailto:gardenidylwylde@gmail.com) if you would like to join our awesome gardening crew for the next growing season!

### -Spring into Fitness Class – Wednesdays

Instructor: Kelly Bray

Time: 7:00 pm - 8:15 pm

Start date: May 1, 2019

End date: June 26, 2019

A complete conditioning program; an active class that strengthens your body from head to toe and keeps burning fat even after class! You'll develop your balance, coordination, aerobic fitness, strength and flexibility through resistance training, intervals, power moves, plyometrics and endurance activities to help us get and maintain a fit body in a safe and fun environment.

A pair of runners, a mat and a water bottle is all you need. Dress comfortably as you are going to sweat!

## Ask Charles

*I've taken possession of my new home, but pictures, sold price, and its address are still on the listing agent's website, advertised as sold. I want them to take down the pictures and address. Can I make them?*

It depends if the information they post on their website is personal information or not. Personal information is defined in the Personal Information Protection Act as information about an identifiable individual. This means that if the information could identify you, it's personal information, and someone needs your consent to use it.

In real estate, a picture of the exterior of your

house, information about its neighbourhood, and even the address are likely not personal information. All of that information is readily available on sites such as Google Maps, but the law is less clear when this information is combined with a statement that the property was just sold, and at a certain price.

Though it has not been tested in court yet, this combination of information could be considered personal information. It's because of legal grey areas like this that RECA recommends real estate professionals get written consent from buyers of their listings if they want to continue advertising a sold listing after possession takes place. Once possession takes place, the seller is no longer

the person who provides that consent; it's the new owner – the buyer.

If there is any doubt about whether or not there is personal information in an advertisement, real estate professionals should try to get written consent from the property owner before advertising, or don't include the information in the ad.

If you are concerned that a real estate professional's website contains your personal information through posting a sold listing, talk to the real estate professional in question. There are strict confidentiality rules for real estate professionals, and privacy legislation may apply too. You can also bring the issue to the real estate agent's broker.

You may not be able to make a real estate professional take an ad down if it doesn't contain your personal information, but if you're still uncomfortable with it because you believe it shares too much about your property, a true professional should be open to hearing your concerns and working with you to address them.

*“Ask Charles” is a question and answer column by Charles Stevenson, Registrar of the Real Estate Council of Alberta (RECA), [www.reca.ca](http://www.reca.ca). RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. To submit a question, email [askcharles@reca.ca](mailto:askcharles@reca.ca).*



## Hall Rental Rates

Kenilworth Community League has a beautiful facility. We hope you will consider Kenilworth Hall for your special events. Photos are available on our website [www.kenilworthcommunity.com](http://www.kenilworthcommunity.com)

	<u>Members</u>	<u>Non-Members</u>
<b>KCL Hall Rental Rates:</b> (Seating 160)		
<b>Weekend</b> (Fri.pm – Sun.pm)	\$450.00	\$550.00
<b>Day Rate</b>	\$300.00	\$385.00

### Damage Deposit

\$250/day rate	\$550/day rate
\$450/weekend	\$550/weekend

\*Third party insurance is now required for ALL hall rentals. Please ask the Rental Manager for more details.

To book the hall, email is preferred, [rentals@kenilworthcommunity.com](mailto:rentals@kenilworthcommunity.com). If email is unavailable, leave a message for Al @ 780-469-1711.

## Senior's Lunch & Laugh

Enjoy an awesome lunch, fellowship with Kenilworth neighbours, share stories, play games, and have fun!

Mark your calendars for March 13th & April 10th

12 - 1:30PM At Kenilworth Community Hall 7104 87 Ave

\$5 Lunch + FREE dessert and coffee

Confirm your attendance with Kathy 780-433-5377

## Kenilworth Playschool's I've Outgrown It Sale

**Saturday, April 6th, 10am - 1pm**

KCL Hall, 7104 - 87 Ave

Come shop for amazing deals on gently used kids clothing, toys, baby equipment &

more.

Tables are 1 for \$25 or 2 for \$40

Email [beckyclosson@hotmail.com](mailto:beckyclosson@hotmail.com) for more info or to book a table.

## Adult Spring BBQ

**Saturday, - May 11, 2019** \$25 per person

For Tickets Call Dan @ 780 469-2019 or email [akessel@shaw.ca](mailto:akessel@shaw.ca)

Limited number of tickets: first come first served!

Sold out every year!

## Save the date

-Adult BBQ - May 11; txs \$25

-Annual Garage Sale – May 25

-Big Bin – June 8

-General Meeting – June 10

-Casino - July 6 & 7

## Casino

Casino Dates are July 6 and 7 at Argyll Casino ABS. This is a big portion of our revenue for Kenilworth Community League so please consider supporting the community by volunteering for a position at the casino. Call or text Bonnie at 780-668-2827 or email: [bonnielg@telus.net](mailto:bonnielg@telus.net)

## Adult Badminton

Contact the Kenilworth Badminton Club: Andy Caine (780-474-2869) [acaine@telus-planet.net](mailto:acaine@telus-planet.net), Ray Rideout at 780-466-0072 or Liz Thomas at 780-465-5188.

## Toddler Time

Parents and caregivers - join us for Toddler Time Monday mornings, starting September 10th, 2018, from 10-11:30. Free drop-in play time/socialization for children 0-5yrs. This program started back up in 2015 with a laid back atmosphere of unstructured play. It is run by volunteers and

facilitated by a mom with a background in child language development and children's mental health. Opportunities for new volunteers to help with facilitation and organizing structured activities. Coffee and tea provided. Contact Angela with questions: [angela.feehan@gmail.com](mailto:angela.feehan@gmail.com)

## Kenilworth Playschool Open House/Registration

Kenilworth is a non-profit, parent co-operative playschool for 3 & 4 year olds. Meet on Tuesday and Thursday morning at KCL. Bright clean facility with large play area and kitchen. Children are provided with positive interactions with peers, daily theme based lessons, fun field trips, science experiments, cooking in the kitchen, park or gym time, games, books, songs, and so

much more. The goal is to give your child a fun and positive experience to prepare them for Kindergarten.

**Thursday, April 25, 2019**

**6:00 – 7:00 p.m.**

**Kenilworth Hall**

For more info contact Becky at 780 760-3208 or email [beckyclosson@hotmail.com](mailto:beckyclosson@hotmail.com)

## Community League Preschool Is Now Recruiting

Kenilworth Playschool is looking for a new teacher for their preschool program starting in September 2019. Please contact Irene at

[vicepresident@kenilworthcommunity.com](mailto:vicepresident@kenilworthcommunity.com) for more information, a complete job description, or to submit your resume.

## Annual General Meeting

**Monday, March 11th @ 7pm**

The following positions are up for re-election this year; Vice President (vacant), Treasurer, Buildings & Grounds, Publicity (available), Seniors Programs and Social Rep (available). Most positions only take a couple hours of your time per month, plus one meeting each month. If you have any interest, or would like to be a part of the vote, come join us!

Are you interested in developing relationships with your neighbours and community league? Your voice is an important piece of

creating a thriving, engaged, and welcoming place to live. Please consider the value of sharing your ideas for initiatives, events, and energy with your Kenilworth Community League Annual General Meeting. Meet your neighbours and the board of KCL. Have the opportunity to fill a much needed board vacancy or volunteer for ongoing projects and events throughout the year. Best of all, strengthen your connection to the people we share an awesome community with. Hope to meet you all soon! Refreshments and Royal Pizza will be enjoyed after the meeting.

### A BIG THANK YOU TO THE ORGANIZATIONS AND FAMILIES WHO GENEROUSLY DONATED TO OUR FAMILY ICE TRAIL FOR THE 2018-2019 SEASON!

**Edmonton Winter City**

**Outdoor Ice Inc**

**Imperial Oil**

**South East Community Leagues Association**

**Ottewell Community League**

**Avonmore Community League**

**Capilano Community League**

**Loida Lumanlan Pearl Der**

**Fast Fence**

**EPCOR Helping Hands**

**Holyrood Community League**

**Forest Terrace Heights Community League**

**Fulton Place Community League**

**The Kessels**

**The Yaecks**

**The Smiths**

**The Hungs**

**Lana Adock**

**Colleen Murdoch**

**Liz & Al Thomas**

**Jordan Schneider**

**Shelley Wright**

**Betty Massage**

**Mr & Mrs Coros**

**Helen Steinke**

**Jean Hall**

**Zacharias Family**

**Angela Schubert**

**The Voss Family**

**Kathleen Lowrey**

**Scrapbook group**

**Gauvreau Family**

**Karen J**

**Tony Dragich**

## Southeast Voice Newsletter Deadline

Submissions for the April issue of the Southeast Voice are due Thursday, March 21. Send all announcements to [publicity@kenilworthcommunity.com](mailto:publicity@kenilworthcommunity.com).

## CONTACT US!

General inquiries & Publicity Requests (SEV & Website): [publicity@kenilworthcommunity.com](mailto:publicity@kenilworthcommunity.com)

Hall Rental requests: [rentals@kenilworthcommunity.com](mailto:rentals@kenilworthcommunity.com).

Keep Current on our website, [www.kenilworthcommunity.com](http://www.kenilworthcommunity.com) and on Facebook!

## Scrapbooking/ Cardmaking Garage Sale

will be held at Kenilworth Hall, 7104-87 Avenue, on Saturday, March 9 at 9:30 to 1:00 p.m. Great bargains for you for your next projects!

Tables are sold out.

## COME JOIN US! Strength/Cardio class

Thursdays @ 6pm, New sessions start every six weeks.

This class strengthens and tones by working the entire body in a fun and energetic atmosphere! Whether you are new to your fitness journey or an avid exerciser, this class will challenge you physically, while increasing your self-confidence.

Come join us for a fun, effective and

sweaty class :)

Every week it's a little different so you don't get bored.

We run 6 week sessions for \$75. Drop-ins are also welcome for \$15. Cash or Cheque accepted. Cheques are to be made out to Kenilworth Community League.

Please email Kathi at [totalbalanceperson-altraining@gmail.com](mailto:totalbalanceperson-altraining@gmail.com) to register.



VOLUNTEER OPPORTUNITIES



Many opportunities are available: Vice President, Soccer Director, Adult Programs, Children’s Programs, Capital Projects, Bingo Alternate, Neighbourhood Watch. We offer a yearly Executive Incentive of \$225 to be used for programs or sports and a

complimentary Community League Membership. This is a great way to meet community residents and contribute to your community. Please call Ian @ 780-717-3578 for more info on how you can make a difference in your community.

Bingo Volunteers Needed!

Bingos generate an important portion of the Community League’s revenue each year. KCL bingos are held at Parkway Bingo Hall, 8775 - 51 Avenue. We really need your help to support Kenilworth and the community programs. Without this revenue we would have to cancel programs or charge for them.



See website <http://www.kenilworthcommunity.com/bingo/> for more dates in 2019  
If you would like to put your name down for any bingos, please call Julia at 780-476-2992. Please request your dates two weeks prior to the bingo date. This will give us time to fill the bingo if spaces are still available.

**Next Bingos:**  
**March 14,** Thursday, 4:30pm – 11:30pm  
**April 28,** Sunday, 10:30am – 3:30pm  
**May 18,** Saturday, 4:30pm – 11:30pm  
**June 1,** Saturday, 10:30am – 3:30pm  
**June 19,** Wednesday, 4:30pm – 11:30pm

## Do you need help around the home?

The Seniors Home Supports Program gives seniors referrals to screened businesses which offer:

- SNOW REMOVAL
- YARD HELP
- HOME REPAIR
- HOUSEKEEPING
- MOVING HELP
- PERSONAL SERVICES

CONTACT US TO LEARN MORE

Home Supports Coordinator: 780-468-1985

South East Edmonton Seniors Association

## Time to Reserve Your Spring Clean-up

You can ask for the full package or choose from the following a la carte services:

**Power Rake, Aeration, Garden Bed/Hedge Blow out, First Mow & Trim**

**YES! We Can**

- Fertilization & Weed Control
- Gutter Clean /Repairs
- Parking Lot Sweeping
- Tree & Brush Trims
- Concrete Pavers
- Power Wash, Homes & Decks
- Fence Repair /Replacement
- All Small jobs
- Debris /Junk Removal
- Litter clean Ups
- Over Seeding & Sod Replacement
- Appliance Pick ups
- Drywall Repairs/Replacement
- Minor Electrical /Plumbing

**6S MAINTENANCE**  
Snow Removal & Lawn Service

**Fast Service – Free Estimates**  
**Geoff Harris PH# 780-497-2781**  
**E-Mail [Snowclearing@yahoo.ca](mailto:Snowclearing@yahoo.ca)**

Respect your neighbourhood

## Ben Henderson

Councillor, Ward 8

**Contact me on city issues**

**[ben.henderson@edmonton.ca](mailto:ben.henderson@edmonton.ca) | 496-8146**

Babysitting Registry

If you have completed a Red Cross or City of Edmonton babysitting course, you can list your name on the Kenilworth babysitting registry. Call Sheri at 780-616-0417 to register your name or if you are looking for a babysitter in the area for evenings or weekends.

Memberships

Have a New Neighbor? Are You New to Kenilworth? Memberships are \$20 and \$15 for Individuals and Seniors. Memberships are also available at the Sport Shack, 8170 – 50 St, and at Ottewell TGP (receive a \$5.00 TGP in-store coupon with membership purchase). Servus Credit Unions will also carry community league memberships, however there is an additional \$5 service charge. Need one RIGHT NOW! Go to [www.efcl.org](http://www.efcl.org) and purchase one online!



## Executive & Board Members

### Executive:

**President** – Corinne  
**Vice President** – Bri  
**Secretary** – Sandra L  
**Treasurer** - Cindy

### Board Members:

**Bingo Director** – Kyla  
**Casino** – Vacant  
**Hall Manager**– Tim  
**Grants** – OPEN  
**History of Ottewell Committee**  
(Looking for more members  
of this Committee)  
**Indoor & Outdoor Soccer Director**  
Tena  
**Summer Playground Director**  
Colleen  
**Social Team** – Bri & Colleen  
**Playschool Rep** - Tyler  
**Rink Chair** – Rebecca  
**Maintenance** – Frank  
**Membership Director** – Russ  
**Communications**– Sandra C  
**Website**– Tim  
**EFCL Rep** – Corinne

All Positions are volunteer positions.  
Please send all inquiries via email to:  
**ottewell2212@gmail.com** or call: **780-469-0093** (leave a message and someone  
will return your call)

**Ottewell Community League**  
5920 – 93a Ave. NW  
Edmonton, AB T6B 0X2

## Outdoor Soccer Registration



It's that time of year already!

Time to get registered so your kids can  
get out and play ball! Important registration  
dates to mark on your calendar...

EMSA Soccer Portal is NOW open.

Zone Wide Registration at **Bonnie Doon  
Mall - March 6th, 6-9pm**

Late Registration at **ESESA Office in  
South Soccer Centre - March 20th, 5-8pm**

Once you have gone online to complete  
your child's registration, simply attend one  
of the in-person sessions to complete your  
paperwork.

Questions can be directed to Soc-  
cerottewell@gmail.com

## OCL Board Meetings

Please consider lending a hand in keeping  
Ottewell Community League VIBRANT  
and ALIVE! OCL meetings of the Board,  
and its members, are held every **3rd Tues-  
day** of the month, unless otherwise posted.  
COME and JOIN in! Find out what's hap-  
pening in YOUR Community.

We're always looking for your feedback,  
suggestions and input. We need more ded-  
icated people to keep our community one of  
the best, safest and enjoyable community  
leagues in Edmonton!

Next board meeting on **March 19 at 6:30  
p.m. sharp!**

## Keeping Our Rink Great for Everyone to Enjoy



The weather doesn't always provide ideal  
temperatures for healthy and safe ice con-  
ditions! Watch our Website and Facebook  
Page for updates regarding rink closure due  
to weather conditions.

Also, it's gracious volunteers that give of  
their own time to supervise the rink shack.  
Please show your appreciation by saying  
hello and a thank you! Also help out by  
scraping the ice, caring for our rink and  
shack, and all let's work together to keep our  
Rink facilities great for everyone to enjoy!

Concession open on Wednesdays from  
6:30 PM to 8:30 PM. Come out and enjoy  
some hot chocolate and other treats. - Host-  
ed by the Ottewell Community Girl Guides.

Please watch SEV, our Facebook Events  
page as well as our OTTEWELL.ORG web  
site for any information relating to the Rink.

## Free Community Swim & Gym for League Members

Access to any of the recreation centers are  
for the entire facility. So if you do not want  
to go swimming, you could go work out or  
do any of the drop-in activities there.

The outdoor pools will be opening soon!  
Community League members have access  
to all outdoor swimming pools for FREE!  
check out the city website... [https://www.edmonton.ca/activities\\_parks\\_recreation/  
outdoor-pools.aspx](https://www.edmonton.ca/activities_parks_recreation/outdoor-pools.aspx)

**Saturdays, 5-7 PM** at Commonwealth  
Fitness Centre.

**Sundays, 1:15-2:45 PM** at Hardisty Fit-  
ness Centre

## Ottewell United Church Presents

# Jazz and Reflections

*An afternoon of jazz and spiritual reflection*

*Sunday afternoons, 3:30-5:00pm at*

*Ottewell United Church*

*6611-93A Ave, Edmonton*

*March 31- Kent Sangster Quartet*

*April 7 - Mboya Nicholson Trio*

*April 14 - Sandro Dominelli Trio*

*April 28 - Shelley Jones Trio*

*May 5- Don Berner Trio*

## Admission by Donation at the door

*These concerts are sponsored in part by Ottewell United Church, the Edmonton Musicians' Association  
through the Recording Industries Music Performance Trust Fund and people like you.*

*Thank You!*

## YOGA at OCL

**Gentle Yoga with Movement & Nutrition**  
(8-week session) on Thursdays

May 2 to June 20 from 7:00pm to 8:30pm

All that you need is a mat and prepare to  
find your Zen Place.

Cost for this 8-week session

OCL members - \$80

Non OCL members - \$90

To register please email... [ottewell2212@  
gmail.com](mailto:ottewell2212@gmail.com)

Inquiries regarding this session email our  
instructor - [rebeccamanchul@gmail.com](mailto:rebeccamanchul@gmail.com)

### Laughing Yoga Class

Wine Wednesday on May 8 from 7:00pm  
to 8:30pm

Relax, Stretch, Laugh and enjoy a glass of  
wine while doing yoga.

Cost for this class

\$20 for OCL members

\$25 for Non OCL members

Register for the fun class

[ottewell2212@gmail.com](mailto:ottewell2212@gmail.com)

### Yoga for Gardeners at Ottewell Hall!

Saturday, June 1 from 1:00pm to 3:00pm



Working in the dirt in our Gardens is good  
for the soul but hard on our backs. This ses-  
sion will help you prepare yourself those  
hours of bending and stretching.

Cost for this class

OCL members - \$20

Non-OCL members - \$25

Register by emailing

[ottewell2212@gmail.com](mailto:ottewell2212@gmail.com)

Inquiries regarding this session con-  
tact: [rebeccamanchul@gmail.com](mailto:rebeccamanchul@gmail.com)



## ZUMBA

Ottewell Community Who Wants to get Strong & Zumba Two Different Classes Starting April 1 for 10 weeks for a Spring Tune Up - get ready for those Summer Bodies.

Come out get your Zumba on for ten weeks of 1-hour sessions. This fun energetic class will help you feel good and get some groove on! OR... come to our NEW Afternoon Zumba Class, great for the beginner! **-Afternoon STRONG CLASS/ Amanda** Mondays, April 1 - June 10, 12:45 - 1:45 PM (excluding Easter Monday; April 22)

### Zumba Evening Class :

Instructors :Gicelle & Mariel

7:00 – 8:00 PM

Come out Ottewell and get Active! 2 instructors - 2 Fitness Classes - 2 Times the Fun!

Drop-in participants welcome anytime.

OCL Members fee \$100 and Non-Members \$120 (we accept, Credit/Debit Cards and Cash). Drop-in fee is \$15 per class.

Please contact Emilio.Zumba@shaw.ca to pre-register.

## Baby! Baby! Baby!

Need a night out OR have a special event and need a babysitter? Maybe you just want to do some shopping alone. Contact Ottewell's Babysitting Registry where we can send you a list of local babysitters to choose from. You will meet and interview with the babysitters that work for you and your family. We have many amazing babysitters to choose from.

To book a babysitter, or if you would like to help out with the babysitting registry, please contact ottewellsocial@gmail.com.

Babysitters, if you would like to add your name to our list send your name, contact information and qualifications to ottewellsocial@gmail.com.



## Check Out Upcoming Events!

### -March 20 - CHOCOLATE BARK CLASS

Wednesday Night, 6:30pm to 8:30 pm

Mix chocolate with your choice of nuts, dried fruits or other crunchy inclusions for a unique chocolate bark that's all you and all yours. You'll also get extra recipes to try at home as a takeaway. As a bonus, you'll also get insider knowledge from Purdys connoisseurs on the exciting chocolate-making process, from the cocoa bean to the final delicious result.

Cost for OCL Members - \$30

Non-OCL Members - \$35

Please register at Eventbrite... <https://chocolate-bark-making-class-at-ottewell-hall.eventbrite.ca>

### -April 2 - OCL FINGER PAINTING CLASS

Join The Ottewell Community League for an all ages Finger Painting Party!

With your ticket of \$35 (OCL members), \$40 (non-members), you get 2 hours of instruction from local artist Krystal Peterson.

Limited seating available so get yours



now. Please register by March 26 at... <https://bre.is/mu-BUR57Q>

### -APRIL 20 - ANNUAL EASTER EGG

**HUNT** See our Web page and Facebook to register for this event. We are sure to sell out fast, special Guest Buster Bunny!

### -APRIL 27 - OTTEWELL'S 5TH OPEN STAGE NIGHT

Go to ottewell.org to register as a performer right away as space is limited!

### -MAY 5 - ESSENTIAL OILS 101

Join us from 1 - 4 PM at Ottewell Hall. \$10.00 per person which includes Roller Ball. To Register please email: [HereToThrive@gmail.com](mailto:HereToThrive@gmail.com)

## Clothing Swap Ladies Night

Every 2nd Tuesday of the month at 7:00 PM

Bring your clean, gently used women's clothing and accessories to a night out! With "Tidying Up" new on Netflix, purging our closets seems to be a high priority! Start the new year off with getting rid of the old and finding great new items to add to your collection. Don't have any to bring? Come for the food, drinks and free clothing anyways! We will love to have you there!

Located at **neighbourHouse, 6811- 92 A. Avenue** (come in the back door)



## Ottewell Community League Social Media

Follow us on [www.Facebook.com/OttewellCommunityLeague](http://www.Facebook.com/OttewellCommunityLeague) or email: [ottewell2212@gmail.com](mailto:ottewell2212@gmail.com) and let us know if you are having an event that we can share for you on our Facebook page.

## Ottewell Community League Playschool

For more information please follow us on [www.facebook.com/ottewellplayschool](http://www.facebook.com/ottewellplayschool)

Or email Kirsten at: [kirstentylerpeter-son@gmail.com](mailto:kirstentylerpeter-son@gmail.com).



## Rent The Ottewell Hall



This well-maintained 1900 sq ft beautiful hall accommodates up to 120 seated guests and is perfect for wedding banquets, parties, family gatherings, board meetings and community functions.

Mention that you saw our ad in the Southeast Voice and we'll give you a discount on your next rental of the hall.

For details regarding renting our hall, go to.... [Ottewell.org/hall-rental](http://Ottewell.org/hall-rental). See our availability calendar, fill out our rental form, or call: Tim at 780-908-5249.

## Walking for Fitness

Warmer days are ahead and make getting outside for a walk an easy and enjoyable way to add exercise to your day. Health Canada recommends healthy adults under the age of 65 get at least 2.5 hours a week of moderate physical activity. Simply adding a brisk walk to your daily routine can improve overall health.

Create a few habits to help make your daily walks fun and help you maintain a healthy level of activity.

Begin by setting a goal. You may want to start with a brisk 30 minute walk each day and work your way up to 10,000 steps a day.

Wear comfortable footwear that provides protection and supports the foot.

Try tracking your steps with a phone app or a pedometer.

Schedule a 15 or 30-minute walk before work in the morning, into your lunch hour or immediately after work.

Find walks that include hills or stairs to increase your challenge.

Join the #AHSFitFam and encourage family, friends and colleagues to get active and engaged with you.

Using a few simple tips can help make a daily walk.

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[www.greenwayspodiatric.ca](http://www.greenwayspodiatric.ca)





## Strathearn Executive Community Contacts

Position	Name	Email
President	Yasir	president@strathearncommunityleague.org
Vice President	Chris	vicepresident@strathearncommunityleague.org
Treasurer	Jason	treasurer@strathearncommunityleague.org
Secretary	Leah	secretary@strathearncommunityleague.org
Membership	Alicia	membership@strathearncommunityleague.org
Building & Grounds	Scott	grounds@strathearncommunityleague.org
Social Director	Andrew	socialdirector@strathearncommunityleague.org
Communications	Andy	communications@strathearncommunityleague.org
Programs	Erin	programs@strathearncommunityleague.org
Hall Rental Coordinator	Darrah & Ben	hall@strathearncommunityleague.org
Member at Large	Nadine	nadine@strathearncommunityleague.org
Member at Large	James	james@strathearncommunityleague.org
Member at Large	Evan	evan@strathearncommunityleague.org
Soccer Director	David	soccer@strathearncommunityleague.org

## Buy Your 2018/2019 Strathearn Community League Membership Today

2018/2019 Strathearn Community League memberships are now up for sale. Memberships are valid from August through August.

A Strathearn Community League membership costs \$20/family or \$10/individual. If you are new to Strathearn, your first one-year membership is on us.

Here's where to buy your membership:

- Ralph's Convenience Store, 9508 87 St.
- Massage Therapy Supply Outlet, 9206 95

Ave.

- Juniper Cafe and Bistro, 9514 87 St.
- Strathearn Heights Apartments, 8768 96

Ave.

You can now buy your membership online at [strathearncl.org!!](http://strathearncl.org!!)

Plus, each month, community league members are entered into a draw for a \$20 gift certificate to either The Wired Cup or Juniper Café and Bistro.

## Strathearn A.V. Club News

- The next Rock n' Roll Bookclub meet-up is Thurs. Mar. 21, 7pm at the Strathearn Community Hall. We will be discussing two books: Viv Albertine - Clothes, Clothes,

Clothes, Music, Music, Music, Boys, Boys, Boys and Tanya Tagaq - Split Tooth. All 18+ are welcome to attend. Snacks provided, BYOB, free to attend.

## Next series of programs at SCL!

(Registration by email at [erin@strathearncommunityleague.org](mailto:erin@strathearncommunityleague.org))

### Hula Hoop with Dagny:

Aurora Flowrealis hoop classes  
March 3, 10, 17, and 24 from 1115-1245hr.  
\$120 for non members  
\$100 for members.  
\$25 drop in

### Yoga with Nicole:

Monday Evenings from 8:30-9:30 pm.  
\$15 (drop in)

Practice and all is coming - Patthabi Jois

This yoga class is a gentle flow class. We will focus on connecting our breath with movement and exploring our physical being in its entirety. The posture sequence will change slightly every week, depending on the needs of the students. This class is suitable for all levels of practitioners, who are looking for balance, strength, flexibility, and overall well being. For any questions, please email [nicwood@gmail.com](mailto:nicwood@gmail.com)



### Barre Class with Kim:

Another 8 week session starts March 16th - Saturday Mornings from 9:30-10:30am  
\$15 (drop in)

If you have never participated in a Barre class, they are so much fun! Less impact than a boot camp and all the rage now. Barre infuses elements of dance, and ballet, to achieve beautiful healthy bodies, while improving postural balance, flexibility, coordination and grace. It strengthens, lengthens, and chisels

## Family Day Disco Skate



Family Day at the new Strathearn Community League hall was bumping. The new stage lighting, soon to be installed inside the hall, danced across the ice synced to the SECLA sound system pounding out the best disco tunes of the 70's.

The team from Alair Homes partnered with SCL and Operation Friendship Seniors Society to generously host a full complimentary BBQ for a packed and hungry crowd of skaters. Facepainting, board games, disco ball making, and marshmallow roasting was all part of the revelry. Thanks to all the great volunteers who make events like this possible.



## Strathearn Artwalk Presents

Strathearn Artwalk is proud to present Cam Penner and Jon Wood on the At War With Reason tour Friday, May 31 at Strathearn Community League hall. Tickets are \$20 and available at [campenner.com](http://campenner.com).

There's mystery and menace, love and humility, savage blues and tender romances, sounds one can imagine primitive man heard, allied with tribal ritual and chain gang hollers, delta moans and sylvan murmurs. All summoned up by these two Canadians armed with two guitars, a drum kit and tape loops.' - Blabbern'Smoke

## Ice Rink Call for Volunteers

What better way to be involved in the community and to shake off those winter blues than to come for a skate at the community hall once in a while? The rink was down last winter due to pesky hall construction, but this season it's back with new lights and a brand new skate change area too!

But, our iconic community ice rink doesn't run itself.

We're looking for volunteers to help flood the ice and get the rink up and running as winter sets in. If this is something you're interested in helping with, please contact [grounds@strathearncommunityleague.org](mailto:grounds@strathearncommunityleague.org), Scott will be able to provide more details when he has some names.

## New Hall Fundraising

Please consider giving what you can to the Strathearn Building Society to help us complete this important project for the community. Small donations and large donations are all important as we move towards our goal. So please do good things by giving what you are able.

To make a tax-deductible donation to the STRATHEARN BUILDING SOCIETY:

Mail a cheque made out to the Strathearn Building Society to:

Strathearn Community League  
P.O. Box 68064  
162 Bonnie Doon Mall  
Edmonton, AB T6C 4N6

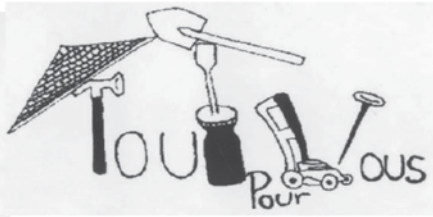
Or contact [treasurer@strathearncommunityleague.org](mailto:treasurer@strathearncommunityleague.org) to make a donation.





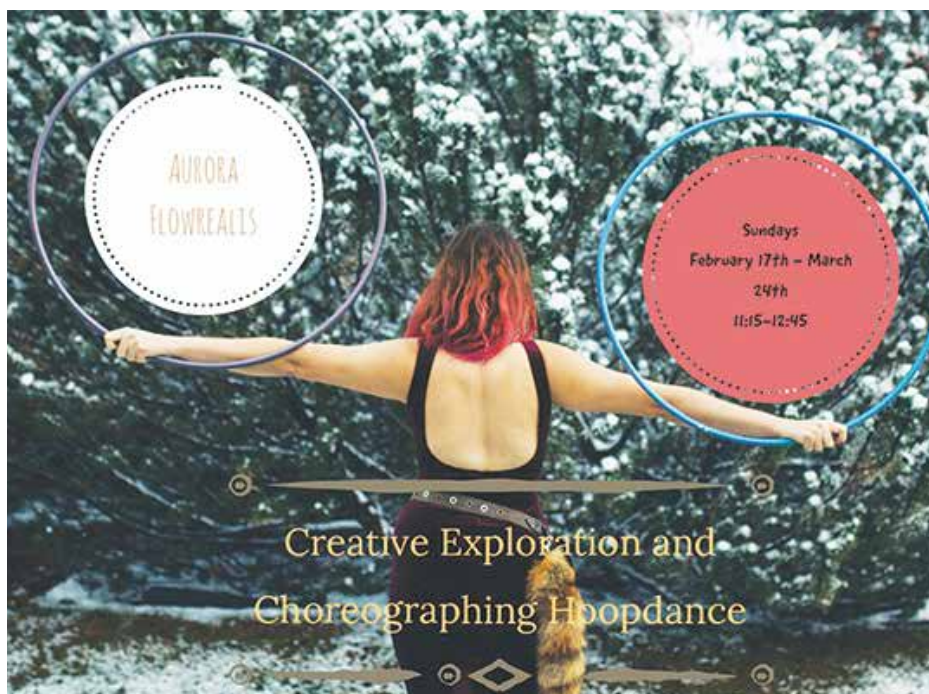
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**AURORA FLOWREALS**

Sundays  
 February 17th - March 24th  
 11:15-12:45

Creative Exploration and  
 Choreographing Hoopdance



## Community League Perks

(Strathearn Community League membership required)

### Wired Wednesday

The first Wednesday of the month enjoy a free beverage on Strathearn Community League from 7:30 a.m. to 11 a.m. at The Wired Cup (9418 91 St.). Upcoming dates – March 6th, April 3rd & May 1st.

### Toonie Thursday

The second Thursday of the month is Com-

munity League Happy Hour at Juniper Café & Bistro (9514 87 St.). Enjoy a beer or glass of wine for a toonie from 4 p.m. to 6 p.m.

Upcoming dates – March 14th, April 11th & May 9th.

### Free Family Swim Times

Commonwealth Community Rec Centre  
 Every Saturday 5pm - 7pm

### Hardisty Leisure Center

Every Sunday 1:15pm - 2:45pm



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